

Lugar	Dorsal	Atleta	Equipa	Sexo	Tempo	Chip	Km5	Ritmo	Pos.Sexo
1	732	JANIK LIMA	AFIS/OVAR	M	00:32:51	00:32:50	00:16:20	03:17	1
2	261	HÉLDER LOPES		M	00:33:32	00:33:30	00:16:33	03:21	2
3	1456	VASCO MARTA	Colaborador Bosch Lisboa	M	00:34:18	00:34:18	00:16:52	03:26	3
4	1011	DIOGO MIGUEL COSTA SANTOS SILVA		M	00:34:35	00:34:35	00:16:55	03:28	4
5	152	FERNANDO SANTOS		M	00:34:45	00:34:45	00:17:18	03:29	5
6	926	MIGUEL ÂNGELO BENTO NEVES	Bresimar	M	00:34:58	00:34:58	00:17:04	03:30	6
7	1109	PAULO FERREIRA		M	00:35:19	00:35:19	00:17:29	03:32	7
8	1399	JOÃO Mouro		M	00:35:35	00:35:34	00:17:29	03:34	8
9	1069	SÉRGIO NUNO AZEVEDO	Controlar	M	00:35:36	00:35:36	00:17:38	03:34	9
10	731	JOÃO PEREIRA	AFIS/OVAR	M	00:35:38	00:35:37	00:17:46	03:34	10
11	1316	RICARDO GOMES		M	00:36:05	00:36:03	00:17:52	03:37	11
12	741	MANUEL SÉRGIO MARQUES PINTO		M	00:36:15	00:36:14	00:18:11	03:38	12
13	505	ALBERTO VALENTE		M	00:36:21	00:36:20	00:18:09	03:39	13
14	299	BRUNO PEREIRA		M	00:36:24	00:36:23	00:17:37	03:39	14
15	1068	RICARDO JORGE BERNARDES MADEIRA	Controlar	M	00:36:24	00:36:23	00:18:08	03:39	15
16	564	RENATO SILVA	fersilva.pt	M	00:36:25	00:36:23	00:17:52	03:39	16
17	915	FERNANDO SOARES	Atletas do Parque	M	00:36:28	00:36:27	00:18:19	03:39	17
18	231	RUI ALMEIDA		M	00:36:34	00:36:33	00:18:20	03:40	18
19	690	BELMIRO RODRIGUES		M	00:36:35	00:36:33	00:18:08	03:40	19
20	1485	SEM DADOS		M	00:36:58	00:36:57	00:18:14	03:42	20
21	992	MARCO GASPAS		M	00:37:04	00:36:58	00:18:51	03:42	21
22	675	PEDRO SARABANDO		M	00:37:04	00:36:59	00:18:48	03:42	22
23	70	LUÍS SIMÕES		M	00:37:06	00:37:05	00:18:11	03:43	23
24	1067	DIOGO SIMÃO BERNARDES MADEIRA	Controlar	M	00:37:46	00:37:44	00:18:18	03:47	24
25	414	RICARDO COELHO		M	00:37:48	00:37:44	00:18:59	03:47	25
26	642	CLÁUDIO FONSECA		M	00:37:50	00:37:48	00:18:42	03:47	26
27	643	RENATO SILVA		M	00:37:51	00:37:47	00:18:51	03:47	27
28	1301	SARA PINHO	Convidados Bosch	F	00:37:52	00:37:52	00:18:59	03:48	1
29	1394	VITOR GONÇALO		M	00:37:54	00:37:51	00:18:29	03:48	28
30	686	PAULO GOMES		M	00:37:54	00:37:53	00:18:47	03:48	29
31	850	PAULO SÉRGIO RODRIGUES DA SILVA		M	00:38:11	00:38:04	00:19:00	03:49	30
32	818	HEITOR COSTA	Convidados Bosch	M	00:38:15	00:38:03	00:19:10	03:49	31
33	1366	NUNO HÉLDER SILVA	CLUTA Runners	M	00:38:23	00:38:21	00:19:04	03:51	32
34	641	ADRIANO FONSECA		M	00:38:24	00:38:22	00:18:43	03:51	33
35	1235	EMIDIO CORREIA	Beira-Mar	M	00:38:31	00:38:30	00:18:53	03:51	34
36	491	SAMUEL NEVES	ROYAL SCHOOL OF LANGUAGES	M	00:38:34	00:38:30	00:19:13	03:51	35
37	944	JOÃO HONÓRIO PINHO NEVES	Indasa	M	00:38:36	00:38:35	00:19:01	03:52	36
38	1317	JOÃO CRUZ		M	00:38:53	00:38:51	00:18:43	03:54	37
39	777	HILÁRIO PINTO	GD ASSEMPARK	M	00:38:59	00:38:58	00:18:57	03:54	38
40	605	JOÃO PAULO SILVA RODRIGUES		M	00:39:02	00:39:00	00:19:07	03:54	39
41	778	JOÃO MATOS	GD ASSEMPARK	M	00:39:02	00:39:00	00:19:32	03:54	40
42	488	MIGUEL PATO	ROYAL SCHOOL OF LANGUAGES	M	00:39:04	00:38:59	00:19:14	03:54	41
43	363	MIGUEL JACINTO LOPES SILVA		M	00:39:04	00:38:55	00:20:11	03:54	42
44	1489	CARLOS ROCHA	ROYAL SCHOOL OF LANGUAGES	M	00:39:05	00:39:00	00:19:25	03:54	43
45	360	ANDRE .	Aveiro Night Runners	M	00:39:08	00:39:06	00:19:14	03:55	44

Lugar	Dorsal	Atleta	Equipa	Sexo	Tempo	Chip	Km5	Ritmo	Pos.Sexo
46	595	PEDRO HENRIQUES	Aveiro Night Runners	M	00:39:10	00:39:08	00:19:39	03:55	45
47	1429	NELSON MAIA	Simões	M	00:39:16	00:39:12	00:19:26	03:56	46
48	1009	MIGUEL GAFANHA		M	00:39:17	00:39:14	00:19:25	03:56	47
49	319	PAULO PEREIRA	Aveiro Night Runners	M	00:39:24	00:39:22	00:19:14	03:57	48
50	860	RUI CARDOSO	Atletas do Parque	M	00:39:26	00:39:24	00:19:39	03:57	49
51	44	JOSÉ CARLOS DE OLIVEIRA VENÂNCIO	Siroco	M	00:39:30	00:39:24	00:19:51	03:57	50
52	661	PEDRO SILVA	CCD- Renault, Cacia	M	00:39:30	00:39:27	00:19:50	03:57	51
53	737	NUNO MIGUEL PINTO OLIVEIRA		M	00:39:38	00:39:34	00:19:46	03:58	52
54	29	JOÃO FILIPE TOMÁS AMÂNDIO		M	00:39:44	00:39:41	00:19:50	03:59	53
55	1042	VITOR SALVADOR		M	00:39:48	00:39:47	00:19:45	03:59	54
56	565	ANDRÉ SANTOS	fersilva.pt	M	00:39:49	00:39:47	00:19:51	03:59	55
57	385	FERNANDO ANTUNES		M	00:39:49	00:39:46	00:19:51	03:59	56
58	753	EUGÉNIO MANUEL RIBEIRO DAS NEVES		M	00:39:49	00:39:31	00:20:33	03:58	57
59	1273	SEM DADOS		M	00:39:50	00:39:45	00:19:51	03:59	58
60	1225	CARLA MARTINHO	Beira-Mar	F	00:39:53	00:39:52	00:19:50	04:00	2
61	1226	SEM DADOS		M	00:39:54	00:39:52	00:19:50	04:00	59
62	40	PEDRO CARDOSO		M	00:40:00	00:39:56	00:19:50	04:00	60
63	1333	MARIO COSTA	AFIS/OVAR	M	00:40:00	00:39:57	00:19:45	04:00	61
64	489	GONÇALO PATO	ROYAL SCHOOL OF LANGUAGES	M	00:40:03	00:39:59	00:19:48	04:00	62
65	61	SÉRGIO PAIVA		M	00:40:13	00:40:05	00:19:50	04:01	63
66	1323	PAULO RAMIREZ		M	00:40:18	00:40:14	00:19:27	04:02	64
67	516	FILIPE CARVALHO		M	00:40:19	00:40:16	00:19:51	04:02	65
68	663	JAIME JÚNIOR	CCD- Renault, Cacia	M	00:40:20	00:40:15	00:19:57	04:02	66
69	945	PATRÍCIO RIBAU MOTA	Indasa	M	00:40:20	00:40:19	00:19:48	04:02	67
70	1395	MÁRIO VAZ		M	00:40:21	00:40:18	00:19:52	04:02	68
71	779	CARLOS ABREU	GD ASSEMPARK	M	00:40:25	00:40:18	00:19:48	04:02	69
72	810	FÁBIO CASTRO	Zarrinha	M	00:40:30	00:40:28	00:19:43	04:03	70
73	890	GONÇALO FERREIRA	KO TRAIL RUNNING	M	00:40:32	00:40:28	00:19:55	04:03	71
74	132	MIGUEL COSTA FERNANDES		M	00:40:39	00:40:34	00:20:11	04:04	72
75	1237	PAULO SILVA	Beira-Mar	M	00:40:44	00:40:44	00:19:56	04:05	73
76	1302	FATIMA PINHO	Convidados Bosch	F	00:40:53	00:40:53	00:20:11	04:06	3
77	77	FERNANDO GONÇALVES		M	00:40:55	00:40:47	00:20:13	04:05	74
78	664	RUI SILVA	CCD- Renault, Cacia	M	00:40:59	00:40:42	00:20:28	04:05	75
79	45	JOÃO DIOGO PINHEIRO CARVALHO	Siroco	M	00:41:04	00:40:59	00:20:41	04:06	76
80	1244	MIGUEL NETO GONÇALVES	Convidados Bosch	M	00:41:06	00:41:01	00:19:51	04:07	77
81	1078	PAULO CONCEIÇÃO	Convidados Bosch	M	00:41:08	00:41:01	00:20:42	04:07	78
82	112	JOSÉ MIGUEL MONTEIRO GRIJO		M	00:41:09	00:41:00	00:19:50	04:06	79
83	833	CARLA SALOMÉ ROCHA	Convidados Bosch	F	00:41:15	00:41:15	00:20:32	04:08	4
84	832	SARA CATARINA RIBEIRO	Convidados Bosch	F	00:41:16	00:41:16	00:20:32	04:08	5
85	1249	JORGE MARTINS	Convidados Bosch	M	00:41:17	00:40:51	00:20:20	04:06	80
86	837	NUNO PEREIRA		M	00:41:23	00:41:20	00:20:21	04:08	81
87	27	JOÃO CASTRO		M	00:41:24	00:41:20	00:20:10	04:08	82
88	1274	SEM DADOS		M	00:41:27	00:41:21	00:20:13	04:09	83
89	394	MIGUEL FILIPE ALMEIDA RIBEIRO		M	00:41:28	00:41:22	00:20:14	04:09	84
90	939	NUNO FILIPE PRAÇA DE SOUSA	Indasa	M	00:41:28	00:41:26	00:20:32	04:09	85

Lugar	Dorsal	Atleta	Equipa	Sexo	Tempo	Chip	Km5	Ritmo	Pos.Sexo
91	973	DANIEL ASENSIO		M	00:41:29	00:41:22	00:20:32	04:09	86
92	937	JORGE ANTÓNIO FERREIRA SANTOS	Indasa	M	00:41:35	00:41:33	00:20:06	04:10	87
93	1110	FRANCISCO GAMELAS		M	00:41:37	00:41:36	00:19:49	04:10	88
94	733	JOÃO CARVALHO	AFIS/OVAR	M	00:41:42	00:41:36	00:20:41	04:10	89
95	1346	SEM DADOS		M	00:41:48	00:41:43	00:19:50	04:11	90
96	402	PAULO ALEXANDRE RODRIGUES BAPTISTA	Runners de vez em quando	M	00:41:48	00:41:41	00:20:35	04:11	91
97	861	AMILCAR FERREIRA	Atletas do Parque	M	00:41:51	00:41:47	00:20:31	04:11	92
98	279	CÉSAR SOUSA		M	00:41:51	00:41:41	00:20:47	04:11	93
99	865	VITORINO .	Atletas do Parque	M	00:41:52	00:41:50	00:20:29	04:11	94
100	1022	VALDEMAR OLIVEIRA	KO TRAIL RUNNING	M	00:41:52	00:41:46	00:20:21	04:11	95
101	1035	RAFAEL FREITAS	HM SPORTS TEAM	M	00:41:56	00:41:43	00:19:56	04:11	96
102	499	JOSÉ ANTÓNIO PINTO OLIVEIRA		M	00:41:58	00:41:48	00:21:12	04:11	97
103	487	JORGE PATO	ROYAL SCHOOL OF LANGUAGES	M	00:42:02	00:41:58	00:20:20	04:12	98
104	1079	NUNO BRANCO	Convidados Bosch	M	00:42:03	00:41:57	00:20:42	04:12	99
105	715	SERGIO PERICAO		M	00:42:10	00:41:59	00:21:05	04:12	100
106	46	EDMILSON MENDES CARDOSO	Siroco	M	00:42:14	00:42:09	00:20:41	04:13	101
107	119	PEDRO GUIMARÃES		M	00:42:19	00:42:11	00:20:56	04:14	102
108	452	FÁBIO MICAEL FLORO SIMÕES FERREIRA		M	00:42:22	00:42:11	00:21:17	04:14	103
109	398	JORGE FARIA	NOKIA Runners	M	00:42:24	00:41:31	00:21:56	04:10	104
110	21	CARLOS CUNHA		M	00:42:27	00:42:20	00:20:49	04:14	105
111	440	PAULO LOPES		M	00:42:27	00:42:10	00:22:02	04:13	106
112	1018	JOAO NEVES	Aveiro Night Runners	M	00:42:35	00:42:24	00:21:07	04:15	107
113	606	MIGUEL CAMPOS		M	00:42:42	00:42:38	00:21:15	04:16	108
114	162	JOSÉ OLIVEIRA		M	00:42:47	00:42:36	00:21:10	04:16	109
115	1234	MIRIAM MARTINS	Beira-Mar	F	00:42:50	00:42:49	00:20:47	04:17	6
116	1306	SEM DADOS		M	00:42:56	00:42:48	00:21:26	04:17	110
117	85	PAULO JORGE DA SILVA BAPTISTA		M	00:42:58	00:42:10	00:21:51	04:13	111
118	621	CARLOS MACHADO		M	00:43:02	00:43:00	00:20:32	04:18	112
119	136	PAULO PEREIRA		M	00:43:05	00:42:55	00:21:02	04:18	113
120	817	EMANUEL RODRIGUES	Convidados Bosch	M	00:43:06	00:42:54	00:21:17	04:18	114
121	912	BIA ALVES	Os Maracujás	F	00:43:07	00:42:45	00:21:48	04:17	7
122	563	FERNANDO PATO		M	00:43:08	00:42:55	00:21:30	04:18	115
123	1389	JORGE MONTEIRO		M	00:43:11	00:42:18	00:20:56	04:14	116
124	304	AMÉRICO ALHAIS	Centro Social Paroq Aradas	M	00:43:11	00:43:02	00:21:21	04:19	117
125	972	RAFAEL TAVARES GUEDES		M	00:43:11	00:43:06	00:21:16	04:19	118
126	673	MANUEL JORGE DE BASTOS TAVARES		M	00:43:12	00:42:53	00:21:26	04:18	119
127	1353	SEM DADOS		M	00:43:14	00:43:05	00:21:33	04:19	120
128	840	JOSÉ LIMA		M	00:43:15	00:42:26	00:22:02	04:15	121
129	1104	JOSÉ CARLOS DA SILVA CATARINO		M	00:43:16	00:43:09	00:20:33	04:19	122
130	38	JOÃO SANTANA		M	00:43:17	00:43:05	00:21:33	04:19	123
131	229	PAUL SHEPHERD		M	00:43:19	00:43:12	00:21:39	04:20	124
132	678	FERNANDO MATOS	F. Fonseca, S.A.	M	00:43:22	00:43:11	00:21:55	04:20	125
133	985	HENRIQUE DIAS		M	00:43:22	00:42:18	00:22:15	04:14	126
134	68	FILIPE FERREIR		M	00:43:23	00:42:59	00:21:40	04:18	127
135	63	JOSE FARIA		M	00:43:26	00:43:02	00:21:47	04:19	128

Lugar	Dorsal	Atleta	Equipa	Sexo	Tempo	Chip	Km5	Ritmo	Pos.Sexo
136	942	JORGE MANUEL TAVARES RODRIGUES	Indasa	M	00:43:28	00:43:03	00:21:34	04:19	129
137	878	JOÃO PARREIRA		M	00:43:29	00:43:05	00:22:01	04:19	130
138	1347	SEM DADOS		M	00:43:31	00:43:26	00:21:14	04:21	131
139	366	JOSÉ FONSECA		M	00:43:33	00:43:24	00:21:40	04:21	132
140	1012	JOSÉ GARCIA		M	00:43:34	00:43:18	00:21:26	04:20	133
141	670	JONAS MENDES		M	00:43:35	00:42:35	00:21:29	04:16	134
142	1369	FRED PINHEIRO GOMES	CLUTA Runners	M	00:43:36	00:43:30	00:21:00	04:22	135
143	729	MANUEL FONSECA	AFIS/OVAR	M	00:43:37	00:43:34	00:21:50	04:22	136
144	483	ALEXANDRE ALMEIDA	RIA STONE	M	00:43:38	00:43:36	00:21:04	04:22	137
145	1390	LUÍS MIGUEL CRUZ CARDOSO		M	00:43:40	00:43:26	00:22:22	04:21	138
146	627	JOSÉ ROCHA	CorreRia	M	00:43:47	00:43:06	00:22:17	04:19	139
147	84	LUÍS AMARAL		M	00:43:49	00:43:39	00:21:28	04:22	140
148	681	PAULO GOMES	F. Fonseca, S.A.	M	00:43:51	00:43:41	00:21:36	04:23	141
149	853	MÁRCIO SILVA	NOKIA Runners	M	00:43:52	00:43:40	00:22:15	04:22	142
150	515	DANIEL VIEIRA		M	00:43:52	00:43:42	00:21:56	04:23	143
151	938	JOSÉ MANUEL COSTA RESENDE	Indasa	M	00:43:53	00:43:47	00:21:29	04:23	144
152	589	ANDRÉ ALVES DA SILVA		M	00:43:54	00:43:43	00:22:14	04:23	145
153	5743	SEM DADOS		M	00:43:56	00:43:50	00:21:42	04:23	146
154	947	DANIEL ANTÓNIO PINA VENTURA	The Navigator Company	M	00:43:57	00:43:41	00:21:26	04:23	147
155	100	ARMINDO BASTOS		M	00:44:07	00:43:46	00:21:51	04:23	148
156	407	FILIPE LOPES CARVALHO		M	00:44:09	00:43:28	00:22:08	04:21	149
157	734	MANUEL GOMES	AFIS/OVAR	M	00:44:12	00:44:05	00:22:05	04:25	150
158	37	HEITOR OLIVEIRA SANTOS		M	00:44:13	00:44:10	00:21:36	04:25	151
159	862	JOSÉ TAVARES	Atletas do Parque	M	00:44:14	00:44:11	00:21:18	04:26	152
160	1028	JOÃO RODRIGUES	CLUTA Runners	M	00:44:15	00:44:03	00:21:45	04:25	153
161	667	HERNANI TAVARES		M	00:44:19	00:43:54	00:22:17	04:24	154
162	948	RUI TORRES	The Navigator Company	M	00:44:25	00:43:53	00:21:46	04:24	155
163	857	RUI MATOS		M	00:44:26	00:44:21	00:21:57	04:27	156
164	1437	TIAGO COSTA		M	00:44:26	00:44:23	00:22:00	04:27	157
165	721	JOAQUIM AMIEIRO		M	00:44:28	00:44:20	00:22:07	04:26	158
166	72	HUGO NUNES		M	00:44:33	00:44:24	00:21:41	04:27	159
167	724	AMÉRICO OLIVEIRA	AFIS/OVAR	M	00:44:35	00:44:27	00:22:05	04:27	160
168	1365	SEM DADOS		M	00:44:40	00:44:27	00:21:52	04:27	161
169	1479	FERNANDO ROCHA		M	00:44:43	00:44:19	00:21:48	04:26	162
170	891	LURDES GONÇALVES	KO TRAIL RUNNING	F	00:44:44	00:44:39	00:22:15	04:28	8
171	1227	VITOR CARLOS	Beira-Mar	M	00:44:47	00:44:40	00:22:13	04:29	163
172	1228	EDIVALDO MACIEL	Beira-Mar	M	00:44:47	00:44:41	00:22:13	04:29	164
173	468	CLAUDIO JOSÉ CASTRO PEREIRA		M	00:44:47	00:44:40	00:22:13	04:28	165
174	166	JORGE VILELA	A.D.Requeixo	M	00:44:49	00:44:09	00:22:44	04:25	166
175	1452	SEM DADOS		M	00:44:53	00:44:52	00:22:05	04:30	167
176	1077	PEDRO RIBEIRO	Convidados Bosch	M	00:44:54	00:44:42	00:21:57	04:29	168
177	1076	MIGUEL FERREIRA	Convidados Bosch	M	00:44:55	00:44:42	00:21:58	04:29	169
178	859	EDMUNDO GUEDES	Atletas do Parque	M	00:44:56	00:44:51	00:22:10	04:30	170
179	799	JOSÉ GONÇALVES		M	00:44:57	00:44:36	00:22:03	04:28	171
180	500	TARLYS PIMENTA MACHADO		M	00:45:00	00:44:51	00:22:12	04:30	172

Lugar	Dorsal	Atleta	Equipa	Sexo	Tempo	Chip	Km5	Ritmo	Pos.Sexo
181	963	HUGO OLIVEIRA	Convidados Bosch	M	00:45:04	00:44:56	00:21:33	04:30	173
182	893	ANTÓNIO PIRES	KO TRAIL RUNNING	M	00:45:05	00:45:00	00:21:57	04:30	174
183	126	VASCO FERNANDES		M	00:45:08	00:44:17	00:22:42	04:26	175
184	1089	ARNALDO SANTOS	KO TRAIL RUNNING	M	00:45:10	00:45:04	00:22:11	04:31	176
185	876	JORGE VAZ	CIRES RUNNING TEAM	M	00:45:11	00:44:52	00:22:20	04:30	177
186	1387	SEM DADOS		M	00:45:13	00:45:00	00:22:16	04:30	178
187	666	RAUL ENCARNAÇÃO		M	00:45:14	00:44:47	00:22:16	04:29	179
188	1308	MANUEL VILARINHO		M	00:45:15	00:45:09	00:22:06	04:31	180
189	433	RUI VIEITO	Aveiro Night Runners	M	00:45:21	00:45:04	00:21:59	04:31	181
190	882	JOSÉ MONTEIRO	Individuais	M	00:45:24	00:45:11	00:22:18	04:32	182
191	1278	NUNO MIGUEL MOURA CACHULO	Individuais	M	00:45:25	00:45:18	00:22:18	04:32	183
192	1029	FERNANDO CARVALHO		M	00:45:26	00:45:13	00:23:07	04:32	184
193	389	PAULO AÇAFRÃO		M	00:45:26	00:45:09	00:22:19	04:31	185
194	415	LUIS LEÃO		M	00:45:29	00:45:19	00:22:19	04:32	186
195	696	ANTÓNIO JOSÉ AMADO MARQUES		M	00:45:32	00:45:19	00:22:05	04:32	187
196	1334	SÉRGIO SILVA	AFIS/OVAR	M	00:45:33	00:45:30	00:22:05	04:33	188
197	736	JOAQUIM FERREIRA	AFIS/OVAR	M	00:45:33	00:45:24	00:22:19	04:33	189
198	465	LUIS ALMEIDA	C.D.Feirense	M	00:45:34	00:45:25	00:22:46	04:33	190
199	59	JOÃO SOARES		M	00:45:37	00:45:13	00:22:34	04:32	191
200	367	VANESSA FONSECA		F	00:45:39	00:45:29	00:22:22	04:33	9
201	1062	HENRIQUE MANUEL FERNANDES LAVAREDES	Iberomoldes	M	00:45:40	00:45:35	00:22:03	04:34	192
202	1396	ANTONIO JOSE MARQUES RIBEIRO		M	00:45:44	00:45:32	00:22:17	04:34	193
203	590	ANA MAFALDA LOPES		F	00:45:46	00:45:38	00:22:21	04:34	10
204	1236	VICTOR MARTINS	Beira-Mar	M	00:45:51	00:45:37	00:22:54	04:34	194
205	208	JOSÉ CARLOS MARQUES SILVA		M	00:45:56	00:45:40	00:23:12	04:34	195
206	436	LUÍS OLIVEIRA		M	00:45:57	00:45:35	00:22:28	04:34	196
207	438	PAULO TAVARES	Aveiro Night Runners	M	00:45:59	00:45:39	00:22:44	04:34	197
208	898	SUZETE MARCO		F	00:46:03	00:45:50	00:22:41	04:36	11
209	1457	SEM DADOS		M	00:46:06	00:45:55	00:23:20	04:36	198
210	473	FLÁVIO SILVESTRE	NOKIA Runners	M	00:46:06	00:45:13	00:23:27	04:32	199
211	925	JOÃO JOSÉ POITO COELHO	Bresimar	M	00:46:07	00:45:20	00:23:02	04:32	200
212	1100	GABRIEL MARQUES ROCHA		M	00:46:09	00:45:54	00:22:42	04:36	201
213	548	TIAGO ROCHA		M	00:46:09	00:45:54	00:22:42	04:36	202
214	557	JOEL VEIGA OLIVEIRA	OVERMOTOR	M	00:46:17	00:45:58	00:23:50	04:36	203
215	866	EDUARDA VINAGRE		F	00:46:19	00:46:12	00:22:48	04:38	12
216	1030	SÍLVIA TOMÁS		F	00:46:20	00:46:07	00:22:47	04:37	13
217	677	PEDRO SILVA	F. Fonseca, S.A.	M	00:46:24	00:45:28	00:22:21	04:33	204
218	1496	ANDRÉ QUINTA NOVA	Convidados Bosch	M	00:46:24	00:46:08	00:22:52	04:37	205
219	1309	ANTÓNIO ADÉRITO ALMEIDA GUIMARÃES	Andar a Correr	M	00:46:26	00:46:15	00:22:04	04:38	206
220	990	CATARINA QUINTEIRO	Runners de vez em quando	F	00:46:27	00:46:18	00:23:02	04:38	14
221	296	RICARDO MIGUEL FERREIRA DA SILVA		M	00:46:27	00:46:06	00:23:12	04:37	207
222	335	BRUNO ROCHA	BOX HAPPY HOUR TEAM	M	00:46:30	00:45:32	00:23:36	04:34	208
223	977	NUNO SILVA		M	00:46:31	00:46:21	00:22:23	04:39	209
224	496	HERNANI AMARAL	ROYAL SCHOOL OF LANGUAGES	M	00:46:33	00:46:22	00:22:49	04:39	210
225	1342	PAULO BATISTA	FLEXIASSEMBLY	M	00:46:33	00:45:41	00:24:33	04:35	211

Lugar	Dorsal	Atleta	Equipa	Sexo	Tempo	Chip	Km5	Ritmo	Pos.Sexo
226	22	PAULO FIDALGO		M	00:46:35	00:46:27	00:22:18	04:39	212
227	785	FILIFE MOREIRA		M	00:46:35	00:46:22	00:22:45	04:39	213
228	464	BRUNO LAMEIRO	MALIB	M	00:46:37	00:46:21	00:22:53	04:39	214
229	232	MANUEL FERNANDES		M	00:46:37	00:46:17	00:22:53	04:38	215
230	1233	MIGUEL CUNHA	Beira-Mar	M	00:46:37	00:46:33	00:22:05	04:40	216
231	847	RUEDIGER SAUR		M	00:46:38	00:46:16	00:23:22	04:38	217
232	399	JOÃO RODRIGUES	NOKIA Runners	M	00:46:44	00:45:51	00:23:46	04:36	218
233	51	AVENTINO LIMA		M	00:46:48	00:46:07	00:23:50	04:37	219
234	1002	ANTÓNIO A. SILVA		M	00:46:48	00:46:37	00:23:42	04:40	220
235	662	JOÃO MARQUES	CCD- Renault, Cacia	M	00:46:49	00:46:43	00:23:17	04:41	221
236	1118	TELMO MANUEL MAIA TEIXEIRA		M	00:46:52	00:46:30	00:23:01	04:39	222
237	593	JOAO SANTOS		M	00:46:52	00:46:43	00:23:07	04:41	223
238	446	ANTÓNIO JOAQUIM LOURENÇO DA SILVA		M	00:46:53	00:46:42	00:23:17	04:41	224
239	355	JORGE ANTÓNIO FIDALGO PEIXOTO		M	00:46:53	00:46:41	00:22:57	04:41	225
240	1416	NUNO FONTES		M	00:46:55	00:46:30	00:23:00	04:39	226
241	619	DAVIDE PEREIRA	SEVER TEAM	M	00:46:56	00:46:52	00:22:16	04:42	227
242	994	DANIEL JESUS		M	00:46:57	00:46:37	00:23:24	04:40	228
243	26	DELFIN TORRES		M	00:46:57	00:46:37	00:23:58	04:40	229
244	1338	RALPH EDMUND HIRNER		M	00:47:02	00:46:54	00:22:05	04:42	230
245	825	VICTOR SILVA	Convidados Bosch	M	00:47:04	00:46:37	00:23:18	04:40	231
246	823	PAULO SÁ	Convidados Bosch	M	00:47:04	00:46:37	00:23:18	04:40	232
247	1229	SÉRGIO FIGUEIREDO	Beira-Mar	M	00:47:08	00:47:07	00:22:21	04:43	233
248	556	JOAO JOSE ROCHA VIEIRA	OVERMOTOR	M	00:47:10	00:46:56	00:23:12	04:42	234
249	607	JOÃO PEDRO GARRIDO LOBO ARROJADO		M	00:47:14	00:46:50	00:25:12	04:41	235
250	474	RODRIGO SANTOS		M	00:47:19	00:46:59	00:23:25	04:42	236
251	1086	ANTONION RAFAEL G. ALVES		M	00:47:22	00:47:03	00:23:48	04:43	237
252	342	PAULO NINA	Andar a Correr	M	00:47:24	00:47:13	00:23:59	04:44	238
253	883	MIGUEL GOMES	Individuais	M	00:47:25	00:47:12	00:23:21	04:44	239
254	205	LUIS AZEVEDO		M	00:47:28	00:47:01	00:23:19	04:43	240
255	813	DAVID SILVA	Zarrinha	M	00:47:28	00:47:10	00:23:37	04:43	241
256	949	JOSÉ ANTÓNIO CARDOSO RODRIGUES	The Navigator Company	M	00:47:29	00:46:43	00:24:27	04:41	242
257	451	NUNO ALEGRIA		M	00:47:29	00:47:12	00:23:54	04:44	243
258	1472	SEM DADOS		M	00:47:32	00:47:26	00:23:02	04:45	244
259	705	VIDAL FERREIRA		M	00:47:34	00:47:25	00:23:21	04:45	245
260	1405	JOÃO TIAGO DA SILVA CRUZ		M	00:47:35	00:46:51	00:23:31	04:42	246
261	1319	NARCISO ARROMBA		M	00:47:35	00:47:28	00:24:05	04:45	247
262	75	ANDRÉ LUÍS MILHARADAS DE SOTO ALMEIDA		M	00:47:36	00:47:17	00:23:31	04:44	248
263	314	FERNANDO MANUEL VALENTE LOPES		M	00:47:40	00:47:19	00:23:59	04:44	249
264	345	NUNO FONTOURA	Andar a Correr	M	00:47:46	00:47:31	00:24:14	04:46	250
265	566	HUGO FERNANDES	fersilva.pt	M	00:47:47	00:47:23	00:24:51	04:45	251
266	682	JOSÉ ALVES	F. Fonseca, S.A.	M	00:47:48	00:47:27	00:23:52	04:45	252
267	393	ANA CATARINA PINHO		F	00:47:50	00:47:06	00:24:15	04:43	15
268	67	CARLOS ALBERTO PINTO FERREIRA		M	00:47:50	00:47:29	00:23:49	04:45	253
269	976	RUI PARALTA	CrossFit Aveiro	M	00:47:51	00:46:49	00:24:02	04:41	254
270	567	RUI SOUSA	fersilva.pt	M	00:47:52	00:47:27	00:24:54	04:45	255

Lugar	Dorsal	Atleta	Equipa	Sexo	Tempo	Chip	Km5	Ritmo	Pos.Sexo
271	553	RUI SÉRGIO BASTOS	SEVER TEAM	M	00:47:52	00:47:28	00:23:12	04:45	256
272	1459	SEM DADOS		M	00:47:55	00:47:25	00:23:30	04:45	257
273	588	NELSON FILIPE MENESES FERREIRA DE CASTRO		M	00:47:55	00:47:44	00:23:47	04:47	258
274	1101	CESARIO ROCHA		M	00:47:59	00:47:53	00:22:37	04:48	259
275	1276	SEM DADOS		M	00:47:59	00:47:40	00:23:49	04:46	260
276	214	JOSÉ EÇA		M	00:48:00	00:47:09	00:23:51	04:43	261
277	1446	SEM DADOS		M	00:48:00	00:47:18	00:23:54	04:44	262
278	1465	TIAGO LINO	Convidados Bosch	M	00:48:01	00:47:18	00:24:31	04:44	263
279	886	DANIEL PROENÇA		M	00:48:03	00:47:48	00:23:28	04:47	264
280	34	TIAGO EMANUEL PINHEIRO VASCONCELOS		M	00:48:05	00:47:19	00:24:14	04:44	265
281	1407	SERGIO MARTINS		M	00:48:08	00:47:29	00:24:36	04:45	266
282	1321	PAULO SILVA		M	00:48:08	00:47:02	00:24:35	04:43	267
283	480	RAUL E.M. MENDES		M	00:48:11	00:47:51	00:23:53	04:48	268
284	562	BRUNO TOITO		M	00:48:12	00:47:57	00:23:49	04:48	269
285	604	JOSE CANHA		M	00:48:12	00:47:05	00:24:59	04:43	270
286	1008	MARCO COELHO		M	00:48:12	00:48:04	00:22:29	04:49	271
287	863	ANTÓNIO FIGUEIREDO	Atletas do Parque	M	00:48:13	00:48:11	00:23:50	04:50	272
288	858	PEDRO DIAS	Atletas do Parque	M	00:48:14	00:48:10	00:23:50	04:49	273
289	716	FRANCISCO LAMAS		M	00:48:15	00:48:01	00:23:19	04:49	274
290	846	JOÃO GONÇALVES		M	00:48:17	00:47:58	00:23:34	04:48	275
291	1320	VITOR SANTOS		M	00:48:17	00:48:08	00:23:13	04:49	276
292	379	LUIS SILVA	RIA STONE	M	00:48:17	00:47:59	00:23:15	04:48	277
293	871	CARLOS DIAS	CIRES RUNNING TEAM	M	00:48:19	00:48:00	00:24:09	04:48	278
294	872	PAULINO DIAS	CIRES RUNNING TEAM	M	00:48:19	00:48:00	00:24:24	04:48	279
295	6523	SEM DADOS		M	00:48:21	00:48:07	00:23:56	04:49	280
296	849	VITOR PEREIRA		M	00:48:24	00:47:56	00:24:28	04:48	281
297	1048	FILIPE VAZ ANDRADE		M	00:48:24	00:47:37	00:23:17	04:46	282
298	596	CLÁUDIA SILVA	Aveiro Night Runners	F	00:48:25	00:48:24	00:24:04	04:51	16
299	1314	VÁLTER BRUNO GONÇALVES FERREIRA		M	00:48:27	00:48:11	00:23:41	04:50	283
300	1267	MANUEL BRANCO	Convidados Bosch	M	00:48:31	00:47:44	00:23:16	04:47	284
301	704	FERNANDO MOREIRA		M	00:48:33	00:48:24	00:23:21	04:51	285
302	390	FILIPE SILVA	Andar a Correr	M	00:48:35	00:48:23	00:24:00	04:51	286
303	114	NUNO TROIA	Aveiro Night Runners	M	00:48:37	00:48:00	00:24:33	04:48	287
304	116	ADRIANO CARREIRA	Aveiro Night Runners	M	00:48:37	00:48:00	00:24:34	04:48	288
305	828	ÓSCAR PINTO	Convidados Bosch	M	00:48:38	00:48:16	00:23:55	04:50	289
306	475	JORGE MIGUEL DE BASTOS LOUREIRO	SEVER TEAM	M	00:48:41	00:48:20	00:24:29	04:50	290
307	81	BRUNO ALVES		M	00:48:42	00:48:21	00:23:53	04:51	291
308	770	RICARDO CARRANCA		M	00:48:42	00:47:37	00:24:22	04:46	292
309	497	ARMÉNIO NEVES	ROYAL SCHOOL OF LANGUAGES	M	00:48:42	00:48:17	00:24:48	04:50	293
310	1095	PATRÍCIA QUEIRÓS	run4fun	F	00:48:45	00:47:45	00:24:48	04:47	17
311	155	PEDRO NUNES		M	00:48:45	00:48:33	00:23:33	04:52	294
312	669	ANDRÉ JANICAS		M	00:48:45	00:47:42	00:24:00	04:47	295
313	139	JORGE COSTA		M	00:48:48	00:48:42	00:23:17	04:53	296
314	158	ALBERTO BRANCO		M	00:48:50	00:48:32	00:24:38	04:52	297
315	348	JOÃO MÁRIO	Andar a Correr	M	00:48:51	00:48:35	00:24:58	04:52	298

Lugar	Dorsal	Atleta	Equipa	Sexo	Tempo	Chip	Km5	Ritmo	Pos.Sexo
316	1453	SEM DADOS		M	00:48:52	00:47:48	00:24:15	04:47	299
317	518	GUSTAVO RAMOS	IDE Cacia Canoagem	M	00:48:53	00:47:59	00:24:47	04:48	300
318	717	RUI FILIPE OSÓRIO FERREIRA DA COSTA		M	00:48:53	00:48:36	00:24:12	04:52	301
319	1392	MARCO COSTA	Convidados Bosch	M	00:48:53	00:48:35	00:24:11	04:52	302
320	507	ROMULO LIMA		M	00:48:55	00:48:07	00:24:01	04:49	303
321	550	ALDA CORDEIRO07041968		F	00:48:55	00:48:49	00:23:46	04:53	18
322	343	ANTÓNIO SANTOS	Andar a Correr	M	00:48:56	00:48:42	00:24:15	04:53	304
323	784	NELSON CARLOS OLIVEIRA NUNES		M	00:48:56	00:48:36	00:24:11	04:52	305
324	1397	JOÃO MÁRIO	Convidados Bosch	M	00:48:56	00:48:42	00:25:34	04:53	306
325	278	LEONARDO LOURENÇO DE JESUS	CLUTA Runners	M	00:48:57	00:48:24	00:24:46	04:51	307
326	154	MANUEL VIEIRA		M	00:48:57	00:48:32	00:24:13	04:52	308
327	1063	LILIANA CARINA DOS SANTOS NEVES	Iberomoldes	F	00:48:57	00:48:52	00:23:28	04:54	19
328	1108	MIGUEL RODRIGUES DA SILVA QUEIRÓS		M	00:48:58	00:48:40	00:24:35	04:52	309
329	910	DAVID PAIVA	Os Maracujás	M	00:48:58	00:48:58	00:22:44	04:54	310
330	79	TIAGO TEIXEIRA		M	00:48:59	00:47:59	00:24:36	04:48	311
331	660	ANTÓNIO .	CCD- Renault, Cacia	M	00:49:02	00:48:45	00:24:41	04:53	312
332	1066	ANDRÉ SANTOS		M	00:49:03	00:48:49	00:24:16	04:53	313
333	88	VITOR HENRIQUES		M	00:49:03	00:48:43	00:23:54	04:53	314
334	20	PEDRO SANTOS LEITE FERREIRA		M	00:49:08	00:48:28	00:25:17	04:51	315
335	1332	SEM DADOS		M	00:49:11	00:48:35	00:25:30	04:52	316
336	922	ANTONIO FIGUEIREDO	Aveiro Night Runners	M	00:49:13	00:48:36	00:24:33	04:52	317
337	735	MÁRIO CONDE	AFIS/OVAR	M	00:49:14	00:49:04	00:24:28	04:55	318
338	1382	NUNO FELIX	Aveiro Night Runners	M	00:49:15	00:48:37	00:24:33	04:52	319
339	179	PAULO PINTO		M	00:49:17	00:48:56	00:24:35	04:54	320
340	113	FRANCISCO CASEGAS		M	00:49:18	00:49:03	00:24:59	04:55	321
341	1275	SEM DADOS		M	00:49:18	00:48:58	00:24:16	04:54	322
342	754	MARCELO FONSECA	Smells Like Team Spirit	M	00:49:20	00:49:02	00:24:39	04:55	323
343	895	CARLOS RODRIGUES		M	00:49:21	00:49:05	00:24:09	04:55	324
344	547	JOSÉ RAFAEL OLIVEIRA FERREIRA		M	00:49:21	00:49:07	00:23:28	04:55	325
345	514	PATRICK RODRIGUES	CrossFit Aveiro	M	00:49:22	00:48:50	00:25:41	04:53	326
346	594	SANDRO PAULO CARDOSO SOARES	CrossFit Aveiro	M	00:49:22	00:48:15	00:25:40	04:50	327
347	1354	TOMÉ MATOS	CPE	M	00:49:24	00:49:15	00:23:51	04:56	328
348	48	RUI MARTINS		M	00:49:26	00:49:00	00:25:12	04:54	329
349	282	PATRICK PINHAL	BernasFit	M	00:49:28	00:49:05	00:25:44	04:55	330
350	975	FILIPE ALEXANDRE DIAS DUARTE		M	00:49:28	00:48:25	00:24:29	04:51	331
351	1103	ROGÉRIO SILVA		M	00:49:29	00:49:07	00:24:31	04:55	332
352	472	JOSÉ PINHO		M	00:49:29	00:49:01	00:25:48	04:55	333
353	1324	CARLA CRISTINA SIMÕES CRUZ CARDOSO		F	00:49:30	00:49:16	00:24:17	04:56	20
354	1491	NUNO FERNADES	Convidados Bosch	M	00:49:31	00:49:03	00:23:52	04:55	334
355	572	PEDRO MARQUES	fersilva.pt	M	00:49:32	00:49:07	00:23:53	04:55	335
356	409	NUNO LEITE		M	00:49:32	00:49:17	00:24:17	04:56	336
357	144	LUIS FREITAS		M	00:49:34	00:49:24	00:24:28	04:57	337
358	874	FERNANDO PINTO	CIRES RUNNING TEAM	M	00:49:34	00:49:11	00:24:04	04:56	338
359	1071	HUGO PANÃO	RIS 2048	M	00:49:34	00:49:17	00:24:37	04:56	339
360	979	FILIPE ROSADO	TRICAD CORRIDA	M	00:49:34	00:48:50	00:25:13	04:54	340

Lugar	Dorsal	Atleta	Equipa	Sexo	Tempo	Chip	Km5	Ritmo	Pos.Sexo
361	182	ANDRÉ PAIVA		M	00:49:34	00:48:55	00:25:04	04:54	341
362	892	HELENA COSTA	KO TRAIL RUNNING	F	00:49:37	00:49:15	00:24:31	04:56	21
363	124	RUI MANUEL MONTEIRO PEREIRA		M	00:49:38	00:48:38	00:25:59	04:52	342
364	1380	TIAGO OLIVEIRA		M	00:49:38	00:49:23	00:24:18	04:57	343
365	911	RICARDO MINEIRO	Os Maracujás	M	00:49:39	00:49:17	00:23:47	04:56	344
366	730	CARLOS CAMPOS	AFIS/OVAR	M	00:49:40	00:49:22	00:25:07	04:57	345
367	885	VASCO AMARAL	Individuais	M	00:49:46	00:49:32	00:23:55	04:58	346
368	412	RUI JORGE FERREIRA		M	00:49:48	00:49:37	00:24:02	04:58	347
369	1467	DIOGO GOMES	Convidados Bosch	M	00:49:48	00:49:05	00:24:52	04:55	348
370	1102	O MIGUEL PIMENTEL		M	00:49:48	00:49:10	00:25:47	04:55	349
371	1360	SEM DADOS		M	00:49:49	00:49:21	00:24:50	04:57	350
372	812	PAULO VIDAL FERNANDES	Zarrinha	M	00:49:50	00:49:20	00:25:31	04:56	351
373	421	ANTÓNIO MONTEIRO		M	00:49:50	00:48:46	00:25:02	04:53	352
374	470	JOÃO SIMÕES		M	00:49:54	00:49:27	00:25:22	04:57	353
375	306	ANTÓNIO RAMOS	Centro Social Paroq Aradas	M	00:49:55	00:49:26	00:25:17	04:57	354
376	1406	FRANCISCO GONÇALVES	Convidados Bosch	M	00:49:56	00:49:25	00:25:49	04:57	355
377	397	JOANA TAVARES	NOKIA Runners	F	00:49:59	00:49:05	00:25:27	04:55	22
378	1349	BRUNO DINIS		M	00:49:59	00:48:58	00:26:37	04:54	356
379	931	GONÇALO PACHECO	Bresimar	M	00:49:59	00:48:41	00:26:14	04:53	357
380	727	MANUEL RAMOS	AFIS/OVAR	M	00:50:00	00:49:43	00:25:07	04:59	358
381	723	LUIS GAMA	AFIS/OVAR	M	00:50:00	00:49:43	00:25:12	04:59	359
382	574	VITOR SILVA	fersilva.pt	M	00:50:01	00:49:39	00:24:58	04:58	360
383	1488	CATARINA RODRIGUES		F	00:50:03	00:50:01	00:24:58	05:01	23
384	301	MARISA LOPES		F	00:50:05	00:49:57	00:25:13	05:00	24
385	339	CARLOS TAVARES	BOX HAPPY HOUR TEAM	M	00:50:10	00:49:15	00:26:00	04:56	362
386	168	RUI ALMEIDA	A.D.Requeixo	M	00:50:10	00:49:29	00:24:38	04:57	363
387	615	ANA VARANDAS	BOX HAPPY HOUR TEAM	F	00:50:10	00:49:15	00:26:02	04:56	25
388	614	MICAEL SARABANDO	BOX HAPPY HOUR TEAM	M	00:50:10	00:49:15	00:26:02	04:56	364
389	646	DAVID SILVA	BOX HAPPY HOUR TEAM	M	00:50:12	00:49:17	00:26:02	04:56	365
390	159	ELISABETE COSTA	Família Costa e Sousa	F	00:50:17	00:50:04	00:24:34	05:01	26
391	995	MANUEL JACINTO		M	00:50:18	00:49:41	00:24:48	04:59	366
392	118	PEDRO PIRES	Aveiro Night Runners	M	00:50:18	00:49:40	00:25:00	04:59	367
393	1438	SEM DADOS		M	00:50:19	00:49:56	00:24:33	05:00	368
394	611	JOSÉ GIL ANDRADE		M	00:50:22	00:50:04	00:24:32	05:01	369
395	138	JOSÉ MANUEL DA CRUZ COSTA		M	00:50:27	00:50:08	00:24:37	05:01	370
396	544	FILIPE NUNES	CrossFit Aveiro	M	00:50:29	00:49:57	00:25:42	05:00	371
397	302	OLIVEIRA DE SOUSA	Centro Social Paroq Aradas	M	00:50:29	00:50:01	00:25:18	05:01	372
398	1447	SEM DADOS		M	00:50:31	00:49:49	00:24:31	04:59	373
399	1053	RITA MARIA CARDOSO DA CRUZ	Guialmi	F	00:50:31	00:49:45	00:25:45	04:59	27
400	447	LUIS CARTA	NOKIA Runners	M	00:50:35	00:49:41	00:25:30	04:59	374
401	540	PEDRO CARDOSO	CrossFit Aveiro	M	00:50:35	00:50:03	00:25:43	05:01	375
402	28	DAVID NOGUEIRA		M	00:50:37	00:50:22	00:24:47	05:03	376
403	361	INES .	Aveiro Night Runners	F	00:50:37	00:49:48	00:25:52	04:59	28
404	674	FERNANDO BRAZ	ASSOCIAÇÃO AMIGOS PARQUE INFAN	M	00:50:41	00:49:51	00:25:47	05:00	377
405	999	JOAO .		M	00:50:41	00:50:37	00:24:38	05:04	378

Lugar	Dorsal	Atleta	Equipa	Sexo	Tempo	Chip	Km5	Ritmo	Pos.Sexo
406	559	JORGE VICENTE TEIXEIRA RIÇO		M	00:50:41	00:50:21	00:24:54	05:03	379
407	392	ISABEL RIBAU		F	00:50:42	00:50:31	00:25:06	05:04	29
408	93	DIOGO BATISTA		M	00:50:43	00:50:25	00:24:49	05:03	380
409	987	VITOR MARTINS		M	00:50:43	00:50:23	00:25:06	05:03	381
410	1003	DANIELA FIGUEIREDO		F	00:50:44	00:50:06	00:26:14	05:01	30
411	1060	HERMÍNIO DA CRUZ LOPES		M	00:50:45	00:50:20	00:24:03	05:02	382
412	1208	SEM DADOS		M	00:50:46	00:50:38	00:25:08	05:04	383
413	509	RUI FERREIRA		M	00:50:48	00:50:18	00:25:43	05:02	384
414	428	RICARDO FONTE	Aveiro Night Runners	M	00:50:53	00:50:26	00:25:01	05:03	385
415	337	CLAUDIO TAVARES	BOX HAPPY HOUR TEAM	M	00:50:53	00:49:58	00:26:34	05:00	386
416	1340	SÉRGIO CONCEIÇÃO	FLEXIASSEMBLY	M	00:50:53	00:50:00	00:26:06	05:01	387
417	940	PEDRO LUIS PAIVA DA SILVA	Indasa	M	00:50:54	00:50:37	00:25:26	05:04	388
418	750	JOÃO COELHO		M	00:50:56	00:50:48	00:25:09	05:05	389
419	988	TIAGO DAVID PINTO LARANJEIRA		M	00:51:02	00:50:50	00:23:33	05:05	390
420	467	TIAGO CUNHA		M	00:51:03	00:50:44	00:24:49	05:05	391
421	1339	JORGE MARQUES	FLEXIASSEMBLY	M	00:51:05	00:50:13	00:26:10	05:02	392
422	80	CARLOS BATISTA		M	00:51:06	00:50:57	00:25:37	05:06	393
423	560	BRUNO E. R. MORAIS	CrossFit Aveiro	M	00:51:06	00:49:59	00:26:13	05:00	394
424	1490	NUNO COUTINHO	SEVER TEAM	M	00:51:07	00:50:22	00:25:14	05:03	395
425	471	JOÃO SARDO		M	00:51:10	00:50:44	00:25:23	05:05	396
426	914	GUILHERME MOREIRA		M	00:51:11	00:50:58	00:24:36	05:06	397
427	1112	MÁRIO FELGUEIRAS	GD ASSEMPARK	M	00:51:13	00:50:16	00:26:07	05:02	398
428	782	PEDRO RUANO DE CASTRO		M	00:51:13	00:50:57	00:24:53	05:06	399
429	569	JOANA SIMÕES VINAGRE		F	00:51:13	00:50:47	00:25:14	05:05	31
430	170	RICARDO FLAMENGO	A.D.Requeixo	M	00:51:17	00:50:38	00:24:57	05:04	400
431	743	JOÃO VIEIRA	AiUia	M	00:51:21	00:50:49	00:26:27	05:05	401
432	943	MÁRCIO RICARDO PINHO NEVES	Indasa	M	00:51:22	00:50:15	00:26:59	05:02	402
433	1075	LUIS SAMPAIO		M	00:51:23	00:50:49	00:25:43	05:05	403
434	946	TIAGO MIGUEL RODRIGUES GONÇALVES	Indasa	M	00:51:23	00:50:43	00:25:51	05:05	404
435	571	ANDRÉ MARQUES	fersilva.pt	M	00:51:26	00:51:01	00:26:03	05:07	405
436	1393	NUNO JORGE REIS DOS SANTOS		M	00:51:28	00:50:45	00:25:02	05:05	406
437	1064	ELSA MARIA LOPES SOARES	Iberomoldes	F	00:51:30	00:51:25	00:25:26	05:09	32
438	349	JOÃO MATOS	Andar a Correr	M	00:51:32	00:51:16	00:24:38	05:08	407
439	1250	RUI PINTO	Convidados Bosch	M	00:51:32	00:50:32	00:25:19	05:04	408
440	1049	MIGUEL GUIMARAES		M	00:51:33	00:50:33	00:26:38	05:04	409
441	508	FERNANDO CAMARNEIRO		M	00:51:35	00:51:07	00:25:52	05:07	410
442	462	PEDRO FERNANDES		M	00:51:36	00:51:19	00:25:14	05:08	411
443	541	JOÃO CARVALHO		M	00:51:36	00:51:20	00:24:58	05:08	412
444	952	JOÃO PAULO OLIVEIRA	The Navigator Company	M	00:51:37	00:51:16	00:25:29	05:08	413
445	1111	VERA NOGUEIRA	GD ASSEMPARK	F	00:51:38	00:50:42	00:26:08	05:05	33
446	457	CARLOS REAL		M	00:51:44	00:51:36	00:22:57	05:10	414
447	429	SARA SANTOS	Aveiro Night Runners	F	00:51:48	00:51:13	00:26:05	05:08	34
448	424	JOÃO DONO		M	00:51:51	00:51:34	00:25:26	05:10	415
449	186	PEDRO FIGUEIREDO		M	00:51:55	00:51:04	00:26:23	05:07	416
450	1313	JOÃO TELES		M	00:51:57	00:50:51	00:25:12	05:06	417

Lugar	Dorsal	Atleta	Equipa	Sexo	Tempo	Chip	Km5	Ritmo	Pos.Sexo
451	1304	MIGUEL QUINTA		M	00:51:57	00:51:02	00:27:07	05:07	418
452	450	JOÃO MATOS		M	00:51:58	00:51:04	00:27:36	05:07	419
453	1050	CARLOS MIGUEL DE JESUS LOUREIRO	Guialmi	M	00:51:58	00:51:35	00:26:22	05:10	420
454	320	MARTA SOUSA	Aveiro Night Runners	F	00:52:01	00:51:59	00:25:31	05:12	35
455	297	SÉRGIO LOPES		M	00:52:02	00:51:38	00:24:18	05:10	421
456	998	MARIA JOÃO ALMEIDA	KO TRAIL RUNNING	F	00:52:04	00:51:42	00:25:23	05:11	36
457	521	PAULO MATOS	IDECacia Canoagem	M	00:52:06	00:51:14	00:25:24	05:08	422
458	1484	SEM DADOS		M	00:52:09	00:51:24	00:26:25	05:09	423
459	384	JOÃO ROCHA	BOX HAPPY HOUR TEAM	M	00:52:09	00:51:13	00:26:01	05:08	424
460	71	MÁRIO TORRÃO		M	00:52:09	00:51:44	00:26:00	05:11	425
461	198	JOAQUIM HENRIQUES		M	00:52:15	00:52:01	00:25:26	05:13	426
462	31	NUNO VIEIRA		M	00:52:16	00:51:43	00:26:13	05:11	427
463	1432	JOAQUIM ALBERNAZ		M	00:52:17	00:51:49	00:26:04	05:11	428
464	989	ANDRÉ PINTO	Runners de vez em quando	M	00:52:20	00:52:11	00:25:22	05:14	429
465	685	PAULO MARÇAL	F. Fonseca, S.A.	M	00:52:21	00:52:03	00:22:59	05:13	430
466	305	JOSÉ CARLOS FRAGA	Centro Social Paroq Aradas	M	00:52:23	00:51:55	00:25:30	05:12	431
467	742	HERLANDER SILVA	AiUia	M	00:52:23	00:51:52	00:26:27	05:12	432
468	1248	CLÁUDIA FAUSTINO	Convidados Bosch	F	00:52:34	00:51:59	00:26:23	05:12	37
469	187	ALCINO PATOILO		M	00:52:35	00:51:44	00:26:31	05:11	433
470	1423	VÂNIA FERREIRA	Convidados Bosch	F	00:52:39	00:52:07	00:26:42	05:13	38
471	178	RUI PINTO		M	00:52:42	00:52:00	00:26:41	05:12	434
472	425	RICARDO ADÃO		M	00:52:42	00:51:35	00:27:45	05:10	435
473	698	CÉSAR MANUEL GOMES RODRIGUES	NOKIA Runners	M	00:52:44	00:51:47	00:26:08	05:11	436
474	266	TIAGO ANDRÉ CIRNE RAMOS		M	00:52:46	00:51:59	00:25:59	05:12	437
475	230	DUARTE ALMEIDA		M	00:52:50	00:52:05	00:27:19	05:13	438
476	928	TELMO BRANDÃO	Bresimar	M	00:52:51	00:51:32	00:26:50	05:10	439
477	271	LUIS GONZAGA PINHO BARBAS		M	00:52:52	00:52:23	00:26:16	05:15	440
478	629	SANDRINE MATIAS	CorreRia	F	00:52:54	00:52:10	00:27:04	05:13	39
479	711	LUÍS CORGA PEREIRA		M	00:52:55	00:52:17	00:27:13	05:14	441
480	39	NUNO ALVES		M	00:53:05	00:52:23	00:27:23	05:15	442
481	284	MARTA FILIPA	BernasFit	F	00:53:08	00:52:45	00:26:15	05:17	40
482	811	CRISTIAN RODRIGUEZ	Zarrinha	M	00:53:08	00:52:37	00:26:34	05:16	443
483	78	CARLOS MATOS		M	00:53:11	00:51:55	00:27:22	05:12	444
484	30	FÁBIO MIGUEL ANDRADE MAGALHÃES		M	00:53:15	00:52:51	00:25:57	05:18	445
485	454	TEÓFILO JOSÉ MARQUES MONTEIRO	NOKIA Runners	M	00:53:16	00:52:36	00:27:23	05:16	446
486	1417	DANIEL TORRES COUTO COIMBRA SILVA	Convidados Bosch	M	00:53:21	00:52:34	00:26:44	05:16	447
487	983	JOSE CARVALHO		M	00:53:22	00:52:52	00:26:52	05:18	448
488	710	ROSANA SOFIA DE OLIVEIRA TOMÁSIO		F	00:53:23	00:52:47	00:27:08	05:17	41
489	329	JOSÉ ROCHA	BOX HAPPY HOUR TEAM	M	00:53:23	00:52:27	00:26:25	05:15	449
490	1097	PAULO VIANA		M	00:53:23	00:52:46	00:27:48	05:17	450
491	555	JOSE PEDRO LEITE OLIVEIRA	OVERMOTOR	M	00:53:24	00:52:45	00:26:29	05:17	451
492	1116	MARCO DIAS		M	00:53:24	00:52:47	00:27:41	05:17	452
493	549	SUSANA CRUZ	CrossFit Aveiro	F	00:53:26	00:52:42	00:27:19	05:17	43
494	1428	MARTA VARANDAS		F	00:53:26	00:52:42	00:27:19	05:17	42
495	92	VITOR SILVA		M	00:53:26	00:52:13	00:27:26	05:14	453

Lugar	Dorsal	Atleta	Equipa	Sexo	Tempo	Chip	Km5	Ritmo	Pos.Sexo
496	315	SILVIA MARIA LOPES SILVA		F	00:53:27	00:52:54	00:27:58	05:18	44
497	688	JOAO ESTEVES		M	00:53:31	00:52:13	00:27:13	05:14	454
498	689	DANIEL GOMES		M	00:53:31	00:52:13	00:27:13	05:14	455
499	1331	ANDRÉ PEREIRA		M	00:53:32	00:52:20	00:28:15	05:14	456
500	1379	SERGIO FILIPE MONTEIRO	COSTA MONTEIRO	M	00:53:33	00:52:33	00:26:43	05:16	457
501	1430	SANDRO RAFAEL RODRIGUES DA SILVA	KO TRAIL RUNNING	M	00:53:35	00:53:04	00:26:46	05:19	458
502	47	DANIEL LOPES		M	00:53:35	00:53:16	00:25:19	05:20	459
503	1037	LEANDRO LOURENÇO	Corpo Culto/Pencivet	M	00:53:37	00:53:06	00:27:24	05:19	460
504	568	AMILCAR SIMÕES		M	00:53:37	00:53:11	00:26:24	05:20	461
505	6	SEM DADOS		M	00:53:38	00:53:13	00:26:42	05:20	462
506	316	HELENA CRISTINA LOPES SILVA		F	00:53:41	00:53:08	00:27:58	05:19	45
507	281	IVONE SOUSA	BernasFit	F	00:53:42	00:53:19	00:26:15	05:20	46
508	982	FRANCISCO ANTÓNIO COELHO E SILVA		M	00:53:45	00:52:58	00:27:45	05:18	463
509	1040	ANA NEVES		F	00:53:45	00:53:06	00:26:44	05:19	47
510	1036	MARY LOURENÇO	Corpo Culto/Pencivet	F	00:53:45	00:53:14	00:27:24	05:20	48
511	226	MIGUEL MARABUTO		M	00:53:48	00:53:03	00:26:34	05:19	464
512	573	SOFIA AZENHA	fersilva.pt	F	00:53:48	00:53:23	00:26:37	05:21	49
513	997	MARCO MARTINS		M	00:53:49	00:53:03	00:27:23	05:19	465
514	894	PEDRO GONCALVES		M	00:53:49	00:53:32	00:25:08	05:22	465
515	109	MÁRCIO GOMES COSTA		M	00:53:50	00:53:24	00:26:51	05:21	467
516	635	HUGO .		M	00:53:50	00:53:24	00:26:51	05:21	468
517	492	ELISABETE RODRIGUES	ROYAL SCHOOL OF LANGUAGES	F	00:53:51	00:53:33	00:26:45	05:22	50
518	971	SILVANO MONTEIRO		M	00:53:54	00:53:21	00:26:56	05:21	469
519	351	DIOGO PEREIRA	Andar a Correr	M	00:53:56	00:53:40	00:27:43	05:22	470
520	601	DELFIN COSTA		M	00:53:57	00:53:31	00:25:07	05:22	471
521	253	JORGE REIS		M	00:53:58	00:53:17	00:27:19	05:20	472
522	418	PEDRO FONSECA		M	00:53:58	00:53:18	00:27:20	05:20	473
523	432	JUAN FERREIRA	Aveiro Night Runners	M	00:53:59	00:53:23	00:26:43	05:21	474
524	310	SANDRA CAMPOS		F	00:53:59	00:53:24	00:27:15	05:21	51
525	65	JOSÉ CAETANO		M	00:53:59	00:53:46	00:25:43	05:23	475
526	906	NELSON FERREIRA DE PINHO		M	00:53:59	00:53:47	00:25:16	05:23	476
527	703	PEDRO JOÃO NARCISO RIBEIRO	MUSA	M	00:54:00	00:53:37	00:27:17	05:22	477
528	251	BRUNO SILVA		M	00:54:02	00:53:23	00:25:46	05:21	478
529	804	JOSE PEDRO RODRIGUES MARTINS	Silencor	M	00:54:04	00:53:30	00:27:44	05:21	479
530	648	JOSÉ FILIPE DOURADO SANTOS VEIGA		M	00:54:05	00:52:57	00:26:50	05:18	480
531	53	FILIPE MARTINS		M	00:54:05	00:52:57	00:26:50	05:18	481
532	760	FRANCISCO RIBEIRO		M	00:54:11	00:53:39	00:26:56	05:22	482
533	263	PEDRO TOURAIS		M	00:54:11	00:53:29	00:27:19	05:21	483
534	1277	JORGE FERNANDES	Individuais	M	00:54:12	00:53:29	00:27:22	05:21	484
535	934	DAWID MIELKE	AIC Team	M	00:54:12	00:53:50	00:26:14	05:23	485
536	933	LUKASZ TABACZYNSKI	AIC Team	M	00:54:14	00:53:50	00:26:14	05:23	486
537	1023	JOAO LUÍS TEIXEIRA FERREIRA BIO		M	00:54:18	00:53:16	00:26:12	05:20	487
538	558	RUI MIGUEL DIAS GRACA	OVERMOTOR	M	00:54:18	00:53:51	00:26:13	05:24	488
539	658	HERNANI SILVA		M	00:54:18	00:53:24	00:27:01	05:21	489
540	1099	CELESTE DIAS		F	00:54:19	00:53:42	00:27:43	05:23	52

Lugar	Dorsal	Atleta	Equipa	Sexo	Tempo	Chip	Km5	Ritmo	Pos.Sexo
541	1351	GONALO OLIVEIRA	CPE	M	00:54:21	00:54:11	00:25:37	05:26	490
542	1230	SEM DADOS		M	00:54:23	00:53:56	00:27:43	05:24	491
543	1422	MARCO RODRIGUES		M	00:54:26	00:53:36	00:26:00	05:22	492
544	1232	NUNO QUINTANEIRO	Beira-Mar	M	00:54:27	00:53:49	00:27:45	05:23	493
545	626	PEDRO JOAQUIM		M	00:54:32	00:54:01	00:25:22	05:25	494
546	96	MADALENA LOPES		F	00:54:34	00:54:09	00:26:05	05:25	53
547	513	RUI MORGADO	CrossFit Aveiro	M	00:54:38	00:53:29	00:28:41	05:21	495
548	867	LÍGIA CASIMIRO	CIRES RUNNING TEAM	F	00:54:39	00:54:20	00:27:43	05:26	54
549	309	NUNO SILVA		M	00:54:39	00:54:03	00:27:15	05:25	496
550	551	RICARDO OLIVEIRA	CrossFit Aveiro	M	00:54:39	00:53:29	00:28:42	05:21	497
551	855	VASCO SILVA		M	00:54:39	00:54:04	00:27:10	05:25	498
552	56	CÁTIA ALEXANDRA ANTUNES DOS SANTOS		F	00:54:41	00:54:26	00:26:11	05:27	55
553	839	CARLOS FILIPE VILAA GONALVES		M	00:54:41	00:54:15	00:27:52	05:26	499
554	822	MANUEL DOMINGUES	Convidados Bosch	M	00:54:42	00:54:01	00:27:05	05:25	500
555	1325	SEM DADOS		M	00:54:42	00:54:21	00:26:16	05:27	501
556	609	JOSÉ FRANCISCO SILVA SANTIAGO	CrossFit Aveiro	M	00:54:43	00:53:33	00:28:27	05:22	502
557	129	JOÃO MARQUES	Mancos de Alforreca	M	00:54:44	00:53:34	00:28:16	05:22	503
558	283	CARLOS RODRIGUES	BernasFit	M	00:54:45	00:54:22	00:26:27	05:27	504
559	805	CARLOS ALBERTO ALMEIDA DA SILVA	Silencor	M	00:54:45	00:54:11	00:26:37	05:26	505
560	350	JOSÉ SÃO MARCOS	Andar a Correr	M	00:54:47	00:54:32	00:27:49	05:28	506
561	529	SUSANA SILVA		F	00:54:48	00:54:06	00:26:56	05:25	56
562	58	MARCO COUTO		M	00:54:50	00:54:35	00:26:36	05:28	507
563	936	JACEK FILBRANDT	AIC Team	M	00:54:50	00:54:27	00:27:06	05:27	508
564	935	PIOTR ZABLOCKI	AIC Team	M	00:54:51	00:54:27	00:27:06	05:27	509
565	171	ADRIANO SANTOS	A.D.Requeixo	M	00:54:51	00:53:31	00:28:47	05:22	510
566	177	RICARDO SOARES	A.D.Requeixo	M	00:54:52	00:53:32	00:28:47	05:22	511
567	35	NUNO PORTELA		M	00:54:53	00:54:26	00:27:11	05:27	512
568	36	LUÍS DIAS		M	00:54:54	00:54:27	00:27:11	05:27	513
569	1455	TIAGO BAPTISTA		M	00:54:54	00:53:55	00:28:16	05:24	514
570	747	BRUNO MIGUEL CURRALO MENDES		M	00:54:54	00:54:21	00:27:51	05:27	515
571	746	INÊS SEABRA TELES		F	00:54:55	00:54:22	00:27:51	05:27	58
572	845	SARA RAQUEL DE OLIVEIRA CARDOSO		F	00:54:55	00:54:36	00:26:58	05:28	57
573	1451	SEM DADOS		M	00:54:55	00:53:52	00:27:56	05:24	516
574	1000	PEDRO HENRIQUES	KO TRAIL RUNNING	M	00:54:55	00:53:51	00:27:10	05:24	517
575	1431	JOSÉ LUÍS COSTA FERNANDES		M	00:54:55	00:54:23	00:27:41	05:27	518
576	726	MANUEL COSTA	AFIS/OVAR	M	00:54:57	00:54:49	00:25:58	05:29	519
577	431	MARIA CARVALHO		F	00:55:02	00:54:34	00:27:43	05:28	60
578	786	VIRGINIA MARIA RUFINO FERNANDES SABINO	Costa Verde	F	00:55:02	00:54:19	00:27:20	05:26	59
579	522	SONIA MATOS	IDECacia Canoagem	F	00:55:04	00:54:11	00:27:11	05:26	61
580	984	RAQUEL S LINHARES		F	00:55:05	00:54:29	00:27:44	05:27	62
581	1098	ANABELA MACHADO		F	00:55:09	00:54:30	00:27:48	05:28	63
582	539	GABRIELA OLIVEIRA	CrossFit Aveiro	F	00:55:13	00:54:03	00:28:42	05:25	64
583	532	ANTONIO JOSE SILVA	CrossFit Aveiro	M	00:55:15	00:54:06	00:28:42	05:25	520
584	98	CARLA AMÉLIA DA COSTA SOARES		F	00:55:17	00:54:53	00:26:45	05:30	65
585	1371	PEDRO GOMES		M	00:55:17	00:54:45	00:26:59	05:29	521

Lugar	Dorsal	Atleta	Equipa	Sexo	Tempo	Chip	Km5	Ritmo	Pos.Sexo
586	722	JOÃO FRANCISCO		M	00:55:19	00:54:40	00:27:10	05:28	522
587	739	DIOGO MACIEIRA		M	00:55:21	00:54:28	00:27:21	05:27	523
588	676	SÉRGIO GONÇALVES	F. Fonseca, S.A.	M	00:55:26	00:54:29	00:27:54	05:27	524
589	149	ANABELA AMORIM LEITE	Aveiro Night Runners	F	00:55:28	00:54:48	00:27:23	05:29	66
590	1091	ALEXANDRE DE ALMEIDA FERNANDES	run4fun	M	00:55:28	00:54:27	00:29:34	05:27	525
591	1243	NUNO IGREJA	Convidados Bosch	M	00:55:29	00:54:58	00:26:45	05:30	526
592	1343	JOSÉ FERNANDO DA SILVA PIRES		M	00:55:31	00:54:37	00:27:02	05:28	527
593	752	DIANA DE LIMA TOPETE		F	00:55:33	00:55:14	00:27:08	05:32	67
594	43	CARLA ALEXANDRA ALVES RODRIGUES	Siroco	F	00:55:34	00:55:13	00:27:54	05:32	68
595	617	ÓSCAR BAPTISTA		M	00:55:35	00:54:40	00:28:27	05:28	528
596	307	VÍTOR HENRIQUES	Centro Social Paroq Aradas	M	00:55:38	00:54:53	00:28:35	05:30	529
597	842	CÁTIA .		F	00:55:39	00:54:53	00:28:12	05:30	69
598	543	LILIANA RIBEIRO	CrossFit Aveiro	F	00:55:39	00:54:31	00:28:56	05:28	70
599	142	DULCE ALMEIDA	CrossFit Aveiro	F	00:55:42	00:54:32	00:28:56	05:28	71
600	712	JOÃO OLIVEIRA		M	00:55:43	00:55:07	00:27:21	05:31	530
601	806	RENATO FERREIRA	Zarrinha	M	00:55:44	00:55:25	00:27:35	05:33	531
602	445	LUIS PESSOA		M	00:55:46	00:55:04	00:27:10	05:31	532
603	809	FÁBIO LEITE	Zarrinha	M	00:55:47	00:55:17	00:26:54	05:32	533
604	86	FELICIANO ANTÓNIO COSTA PINHO		M	00:55:49	00:54:36	00:29:37	05:28	534
605	920	RODRIGO SILVA		M	00:55:59	00:55:24	00:28:17	05:33	535
606	921	CÁTIA APARICIO		F	00:55:59	00:55:24	00:28:17	05:33	72
607	950	PEDRO MARQUES FERREIRA	The Navigator Company	M	00:55:59	00:55:11	00:27:55	05:32	536
608	645	PAULO SÉRGIO DA COSTA REIS		M	00:56:02	00:55:37	00:29:33	05:34	537
609	628	ANA CATARINA MARQUES NOVO BONTEMPO	CorreRia	F	00:56:06	00:55:21	00:27:52	05:33	73
610	477	SOFIA GUERRA	SEVER TEAM	F	00:56:08	00:55:36	00:26:43	05:34	74
611	50	RITA MELO		F	00:56:15	00:55:40	00:28:20	05:34	75
612	714	ALEXANDRE GOMES		M	00:56:16	00:55:12	00:28:31	05:32	538
613	347	ANA RAFEIRO	Andar a Correr	F	00:56:18	00:56:03	00:28:33	05:37	76
614	904	ANA VIDAL	Fast and Fit	F	00:56:19	00:56:08	00:27:45	05:37	77
615	702	JOSÉ DOMINGOS TEIXEIRA DOS SANTOS	MUSA	M	00:56:23	00:55:23	00:28:40	05:33	539
616	701	NÉLIA MARIA BARREIRA TEIXEIRA DOS SANTOS	MUSA	F	00:56:23	00:55:25	00:28:40	05:33	78
617	680	NUNO PINHO	F. Fonseca, S.A.	M	00:56:24	00:56:16	00:26:28	05:38	540
618	835	PAULO SÉRGIO DIAS		M	00:56:26	00:55:50	00:28:27	05:35	541
619	1211	SEM DADOS		M	00:56:26	00:55:25	00:27:40	05:33	542
620	459	MARGARIDA RATOLA	Mancos de Alforreca	F	00:56:28	00:55:18	00:29:32	05:32	79
621	603	AGOSTINHO CARDOSO RODRIGUES		M	00:56:28	00:55:48	00:27:53	05:35	543
622	1038	ANTONIO SALGUEIREDO	Corpo Culto/Pencivet	M	00:56:28	00:55:58	00:28:14	05:36	544
623	1039	JOSE CONDEIXA	Corpo Culto/Pencivet	M	00:56:29	00:55:59	00:28:14	05:36	545
624	633	FILIPPE TAVARES	BOX HAPPY HOUR TEAM	M	00:56:34	00:55:40	00:27:38	05:34	546
625	1031	SOFIA VENTURA	HM SPORTS TEAM	F	00:56:35	00:56:06	00:27:48	05:37	80
626	1096	JORGE MAGUETA		M	00:56:37	00:55:47	00:29:57	05:35	547
627	877	BARBARA LOPES		F	00:56:37	00:56:12	00:28:02	05:38	81
628	780	SANDRA MOREIRA	GD ASSEMPARK	F	00:56:38	00:56:09	00:27:19	05:37	83
629	1241	JOÃO ANTÓNIO CABRAL E COSTA	Convidados Bosch	M	00:56:38	00:56:06	00:28:19	05:37	548
630	1492	SALOMÉ VALENTE	Convidados Bosch	F	00:56:38	00:56:07	00:28:19	05:37	82

Lugar	Dorsal	Atleta	Equipa	Sexo	Tempo	Chip	Km5	Ritmo	Pos.Sexo
631	1499	JORGE LADEIRA	Convidados Bosch	M	00:56:44	00:56:06	00:29:49	05:37	549
632	1080	MIGUEL PARDAL	Convidados Bosch	M	00:56:48	00:55:51	00:27:27	05:36	550
633	625	BRUNO MARTINS		M	00:56:50	00:56:24	00:26:25	05:39	551
634	175	ANA PAIVA	A.D.Requeixo	F	00:56:51	00:56:03	00:28:26	05:37	84
635	610	JOEL FILIPE NUNES MORAIS		M	00:56:52	00:55:55	00:27:06	05:36	552
636	631	CRISTINA SANTOS	CorreRia	F	00:56:53	00:56:09	00:28:29	05:37	85
637	1005	NELSON JOSÉ AZEVEDO SIMÕES		M	00:56:55	00:56:20	00:28:04	05:38	553
638	1482	SEM DADOS		M	00:56:55	00:55:40	00:28:18	05:35	554
639	870	JOAQUIM OLIVEIRA	CIRES RUNNING TEAM	M	00:56:56	00:56:37	00:26:09	05:40	555
640	965	MARIA JOÃO MACHADO		F	00:56:56	00:55:51	00:28:31	05:36	86
641	463	LUÍS MARQUES		M	00:56:56	00:56:14	00:27:20	05:38	556
642	873	RUI CORREIA	CIRES RUNNING TEAM	M	00:56:57	00:56:19	00:27:12	05:38	557
643	164	HUMBERTO SILVA		M	00:56:58	00:56:09	00:28:41	05:37	558
644	580	MIGUEL MIRANDA		M	00:57:01	00:56:27	00:26:45	05:39	559
645	592	NUNO RAÍNHO		M	00:57:02	00:56:56	00:26:51	05:42	560
646	591	ANTONIO MANUEL SANTOS		M	00:57:02	00:56:56	00:26:51	05:42	561
647	490	SANDRA JESUS	ROYAL SCHOOL OF LANGUAGES	F	00:57:05	00:56:46	00:27:23	05:41	87
648	587	DANIELA SILVAS	Os Corajosos	F	00:57:06	00:56:08	00:28:52	05:37	88
649	1398	MANUEL RILHO	AFIS/OVAR	M	00:57:10	00:57:02	00:25:16	05:43	562
650	143	PHILIPPE DOMINGUES	CrossFit Aveiro	M	00:57:10	00:56:01	00:28:12	05:37	563
651	1014	LILIANA HENRIQUETA F. A SIMÕES		F	00:57:10	00:56:29	00:28:56	05:39	89
652	654	PAULO CAPUCHO	VIVO NA FAVA	M	00:57:10	00:56:19	00:29:07	05:38	564
653	957	DAVID SILVA	Worthington	M	00:57:11	00:56:11	00:29:26	05:38	565
654	955	ISABEL COUTINHO	Worthington	F	00:57:11	00:56:09	00:29:38	05:37	91
655	956	ANA PINHO	Worthington	F	00:57:11	00:56:11	00:29:26	05:38	90
656	807	VITOR MENESES	Zarrinha	M	00:57:13	00:56:55	00:27:35	05:42	566
657	821	HUGO PINTO	Convidados Bosch	M	00:57:18	00:56:51	00:27:34	05:42	567
658	618	CAIO FILIPE BEZERRA MACEDO		M	00:57:24	00:56:44	00:29:16	05:41	568
659	684	ANTÓNIO MANUEL	F. Fonseca, S.A.	M	00:57:25	00:56:43	00:30:38	05:41	569
660	848	RENATE SAUR		F	00:57:26	00:56:44	00:29:12	05:41	93
661	1052	DANIELA MOREIRA SANTOS	Guialmi	F	00:57:26	00:56:40	00:29:09	05:40	92
662	581	NELSON DE OLIVEIRA		M	00:57:30	00:57:07	00:28:06	05:43	570
663	224	JOÃO VIVEIROS		M	00:57:32	00:56:28	00:27:31	05:39	571
664	215	ANTÓNIO SILVA		M	00:57:33	00:56:21	00:29:36	05:39	572
665	672	SUSANA PEREIRA	Runners EST	F	00:57:36	00:57:16	00:28:38	05:44	94
666	599	FÁBIO EMANUEL FERREIRA SILVA		M	00:57:38	00:57:11	00:25:53	05:44	573
667	1327	CATARINA SILVA		F	00:57:40	00:57:06	00:28:12	05:43	95
668	376	MARCO CORREIA	RIA STONE	M	00:57:42	00:56:55	00:29:53	05:42	574
669	1336	MARIANA FERREIRA		F	00:57:43	00:57:02	00:29:14	05:43	96
670	1337	FERNANDO MESQUITA		M	00:57:43	00:57:02	00:29:13	05:43	575
671	273	ANA RITA MORAIS		F	00:57:44	00:56:56	00:28:38	05:42	97
672	346	ANTÓNIO RIBEIRO	Andar a Correr	M	00:57:46	00:57:31	00:28:33	05:46	576
673	340	SARA FERREIRA	BOX HAPPY HOUR TEAM	F	00:57:48	00:56:56	00:29:32	05:42	98
674	322	NANCY ALMEIDA	BOX HAPPY HOUR TEAM	F	00:57:48	00:56:57	00:29:32	05:42	99
675	52	JOSÉ FERREIRA		M	00:57:48	00:57:09	00:27:29	05:43	577

Lugar	Dorsal	Atleta	Equipa	Sexo	Tempo	Chip	Km5	Ritmo	Pos.Sexo
676	105	PAULO EDGAR RÉ		M	00:57:49	00:57:10	00:27:29	05:43	578
677	117	ARTUR VARUM	Aveiro Night Runners	M	00:57:49	00:57:01	00:28:38	05:43	579
678	851	JOÃO BALDAIA		M	00:57:51	00:57:12	00:28:32	05:44	580
679	377	TIAGO SILVA	RIA STONE	M	00:57:51	00:57:03	00:29:54	05:43	581
680	969	PEDRO MIRANTE GRANATE		M	00:57:52	00:56:47	00:28:30	05:41	582
681	381	JOÃO SILVA	RIA STONE	M	00:57:54	00:57:06	00:29:54	05:43	583
682	127	MIGUEL MENDES		M	00:57:56	00:57:26	00:28:13	05:45	584
683	844	DIOGO GERALDO FERREIRA PINHEIRO		M	00:57:57	00:56:42	00:28:19	05:41	585
684	373	NÁDIA RODRIGUES	RIA STONE	F	00:57:57	00:57:11	00:29:54	05:44	100
685	439	PAULA VIZINHO		F	00:58:00	00:56:57	00:30:34	05:42	101
686	1085	LILIANA ALBERGARIA BASTOS	Convidados Bosch	F	00:58:01	00:56:55	00:29:27	05:42	102
687	1084	CARLA SANTOS	Convidados Bosch	F	00:58:01	00:56:54	00:29:27	05:42	103
688	353	JORGE MANUEL SANTOS SILVA		M	00:58:01	00:56:55	00:29:26	05:42	586
689	612	GASPAR DIAS	NOKIA Runners	M	00:58:04	00:57:08	00:29:44	05:43	587
690	1305	ANDRÉ SOARES		M	00:58:04	00:57:27	00:28:31	05:45	588
691	930	NUNO BASTOS	Bresimar	M	00:58:05	00:56:47	00:28:01	05:41	589
692	195	MARIA FILOMENA TRINDADE SANTOS	Aveiro Night Runners	F	00:58:05	00:57:19	00:28:48	05:44	104
693	1311	JOSÉ MIGUEL		M	00:58:13	00:56:59	00:29:06	05:42	590
694	1310	LEANDRO AMADOR		M	00:58:13	00:56:59	00:29:07	05:42	591
695	24	TÂNIA JULIÃO		F	00:58:14	00:57:40	00:28:55	05:46	105
696	630	MARIA DO ROSÁRIO DE JESUS CAPELA	CorreRia	F	00:58:25	00:57:41	00:28:30	05:47	106
697	636	HÉLIO FILIPE DIAS GONÇALVES		M	00:58:27	00:57:47	00:28:34	05:47	592
698	478	EDUARDA GONÇALVES	SEVER TEAM	F	00:58:27	00:57:54	00:28:19	05:48	107
699	444	MARTA SOUSA		F	00:58:28	00:57:45	00:28:35	05:47	108
700	980	DIOGO RODRIGUES	TRICAD CORRIDA	M	00:58:30	00:57:14	00:29:03	05:44	593
701	140	PATRÍCIA FERREIRA		F	00:58:34	00:57:52	00:29:59	05:48	109
702	218	DIOGO COSTA		M	00:58:36	00:57:55	00:28:39	05:48	594
703	991	SILVIA ROCHA		F	00:58:37	00:57:29	00:28:57	05:45	110
704	1113	JOSÉ CARLOS GUERRA DE AZEVEDO SEARA		M	00:58:39	00:57:49	00:29:16	05:47	595
705	679	ADRIANO SANTOS	F. Fonseca, S.A.	M	00:58:43	00:57:47	00:27:37	05:47	596
706	613	CLÁUDIA FARIA	NOKIA Runners	F	00:58:47	00:57:52	00:29:27	05:48	111
707	561	TIAGO PINHÃO		M	00:58:47	00:57:37	00:32:09	05:46	597
708	41	CARLOS BATISTA		M	00:58:55	00:58:41	00:27:02	05:53	598
709	404	MARCO ANDRÉ MORTÁGUA PIMENTA	Runners de vez em quando	M	00:58:56	00:58:19	00:28:17	05:50	599
710	1010	VITOR FERREIRA		M	00:58:59	00:58:24	00:28:02	05:51	600
711	783	DANIELA RODRIGUES VALÉRIO	NOKIA Runners	F	00:59:11	00:58:15	00:29:55	05:50	112
712	694	GABRIEL SARABANDO		M	00:59:12	00:58:07	00:29:58	05:49	601
713	1413	PAULA RODRIGUES	Bio Murtosa	F	00:59:12	00:57:56	00:30:03	05:48	113
714	1404	SILVIA CUNHA	Aveiro Night Runners	F	00:59:14	00:58:34	00:29:05	05:52	114
715	1403	CARLOS CUNHA	Aveiro Night Runners	M	00:59:14	00:58:35	00:29:05	05:52	602
716	189	PEDRO MOREIRA		M	00:59:15	00:58:39	00:28:31	05:52	603
717	163	TERESA FILENO		F	00:59:21	00:58:44	00:28:17	05:53	115
718	469	FILIPE COQUIM		M	00:59:21	00:58:21	00:29:13	05:51	604
719	137	ELSA MARIA MARTINS MOTA		F	00:59:21	00:58:45	00:29:11	05:53	116
720	524	JOAO CONCEIÇÃO	IDECacia Canoagem	M	00:59:24	00:58:30	00:26:47	05:51	605

Lugar	Dorsal	Atleta	Equipa	Sexo	Tempo	Chip	Km5	Ritmo	Pos.Sexo
721	1007	RUI ALEXANDRE MENDES		M	00:59:25	00:58:48	00:29:08	05:53	606
722	354	JORGE HUMBERTO ASSIS PACHECO DOS SANTOS		M	00:59:31	00:58:25	00:28:35	05:51	607
723	864	HUGO LOPES	Atletas do Parque	M	00:59:33	00:59:31	00:30:08	05:58	608
724	1322	LILIANA SANTOS		F	00:59:35	00:59:06	00:28:35	05:55	117
725	1070	FAUSTO ANDREZO	ASSOCIAÇÃO AMIGOS PARQUE INFAN	M	00:59:35	00:58:50	00:29:22	05:53	609
726	959	RUI BASTOS	Worthington	M	00:59:37	00:58:35	00:29:00	05:52	610
727	167	JUDITE DIAS	A.D.Requeixo	F	00:59:40	00:58:52	00:29:57	05:54	118
728	986	PAULA GONÇALVES	CrossFit Aveiro	F	00:59:43	00:58:30	00:30:15	05:51	119
729	57	NELSON RÉ		M	00:59:43	00:58:41	00:29:58	05:53	611
730	1418	JOSÉ LUIS JESUS BETENCOURT VIANA	Convidados Bosch	M	00:59:44	00:58:40	00:29:58	05:52	612
731	757	FILIPE BUCO		M	00:59:47	00:59:13	00:29:23	05:56	613
732	827	TATIANA RODRIGFUES	Convidados Bosch	F	00:59:47	00:59:13	00:29:21	05:56	120
733	1402	LUÍS COSTA	fersilva.pt	M	00:59:47	00:58:58	00:30:24	05:54	614
734	826	JORGE MOITA	Convidados Bosch	M	00:59:48	00:59:16	00:29:21	05:56	615
735	503	RITA TORRES	CrossFit Aveiro	F	00:59:50	00:58:39	00:30:10	05:52	122
736	1231	ESTER SOARES	Beira-Mar	F	00:59:50	00:59:02	00:30:23	05:55	121
737	740	ANTÓNIO BELMIRO NEVES ROCHA		M	00:59:53	00:59:13	00:28:25	05:56	616
738	275	RUI MIGUEL RUA		M	00:59:54	00:59:23	00:29:18	05:57	617
739	1004	JOSÉ ALBINO CARVALHO DA SILVA	NOKIA Runners	M	00:59:56	00:59:17	00:29:54	05:56	618
740	888	CATARINA LOPES	KO TRAIL RUNNING	F	00:59:56	00:59:33	00:29:11	05:58	123
741	391	VÍTOR MANUEL CUNHA RAMOS NETO		M	00:59:57	00:58:59	00:29:34	05:54	619
742	1483	SEM DADOS		M	00:59:58	00:59:05	00:27:43	05:55	620
743	896	JOAO CARLOS RESENDE		M	01:00:00	00:58:59	00:28:44	05:54	621
744	443	SÉRGIO MANUEL GONÇALVES PEREIRA		M	01:00:01	00:59:18	00:30:01	05:56	622
745	295	CLAUDIA SOFIA GONÇALVES NOGUEIRA		F	01:00:01	00:59:19	00:30:00	05:56	124
746	294	JORGE MIGUEL SARAIVA CARDOSO		M	01:00:02	00:59:19	00:30:00	05:56	623
747	1391	RITA JOÃO MARCELINO PEREIRA		F	01:00:03	00:58:59	00:29:35	05:54	125
748	476	RUI ARMANDO DOS ANJOS HENRIQUES	SEVER TEAM	M	01:00:09	00:59:23	00:30:32	05:57	624
749	123	MIGUEL PIMENTEL		M	01:00:12	00:59:43	00:28:16	05:59	625
750	122	CARLOS BARROSO		M	01:00:12	00:59:43	00:28:20	05:59	626
751	1058	JOSÉ MIGUEL TAVARES MIRANDA	Guialmi	M	01:00:14	00:59:29	00:26:32	05:57	627
752	83	JOÃO AFONSO OLIVEIRA		M	01:00:18	00:59:28	00:30:42	05:57	628
753	233	IVONE CRAVO		F	01:00:23	00:59:47	00:29:31	05:59	126
754	130	ANDREIA FERREIRA	Mancos de Alforreca	F	01:00:26	00:59:17	00:30:28	05:56	127
755	160	SÓNIA DA SILVA		F	01:00:29	00:59:44	00:30:06	05:59	128
756	161	GONÇALO RODRIGUES		M	01:00:29	00:59:45	00:30:06	05:59	629
757	1013	CLARINDA GARCIA		F	01:00:32	00:59:47	00:30:03	05:59	130
758	1409	TERESA FERNANDES	Bio Murtosa	F	01:00:32	00:59:15	00:30:03	05:56	129
759	537	TIAGO MESQUITA	Mesk	M	01:00:33	00:59:26	00:30:01	05:57	630
760	536	FRANCISCO MESQUITA	Mesk	M	01:00:33	00:59:26	00:30:00	05:57	631
761	974	ALBANO PEREIRA		M	01:00:34	00:59:45	00:29:57	05:59	632
762	169	CLAUDIA RAMOS	A.D.Requeixo	F	01:00:37	00:59:50	00:30:27	05:59	131
763	1074	ANTONIO CARVALHO	RIS 2048	M	01:00:37	00:59:35	00:29:36	05:58	633
764	323	LUIS ALMEIDA	BOX HAPPY HOUR TEAM	M	01:00:42	00:59:50	00:28:54	06:00	634
765	1046	BRUNO ZENHA		M	01:00:50	00:59:44	00:29:45	05:59	635

Lugar	Dorsal	Atleta	Equipa	Sexo	Tempo	Chip	Km5	Ritmo	Pos.Sexo
766	268	MAURICIO MARQUES		M	01:00:51	00:59:52	00:29:58	06:00	636
767	728	LUIS QUINTINO	AFIS/OVAR	M	01:00:53	01:00:16	00:29:20	06:02	637
768	620	FÁBIO LOPES		M	01:01:05	00:59:51	00:31:16	06:00	638
769	1415	SEM DADOS		M	01:01:06	01:00:01	00:30:04	06:01	639
770	197	RUI PALPISTA		M	01:01:10	00:59:57	00:31:17	06:00	640
771	869	BEATRIZ BARCIELA	CIRES RUNNING TEAM	F	01:01:15	01:00:56	00:29:26	06:06	132
772	62	RICARDO MANUEL ALMEIDA SANTOS		M	01:01:23	01:00:08	00:30:51	06:01	641
773	699	ANABELA SALGUEIRO NARCISO RIBEIRO	MUSA	F	01:01:25	01:00:26	00:30:26	06:03	133
774	1341	LUÍS CABETE	FLEXIASSEMBLY	M	01:01:26	01:00:35	00:30:26	06:04	642
775	1486	CRISTINA AIRES		F	01:01:38	01:00:49	00:30:16	06:05	134
776	374	SUSANA BRANCO	RIA STONE	F	01:01:38	01:00:28	00:30:53	06:03	135
777	511	PEDRO FILIPE DE PINHO COUTINHO		M	01:01:40	01:00:39	00:29:37	06:04	644
778	330	EVA VASQUEZ	BOX HAPPY HOUR TEAM	F	01:01:43	01:00:50	00:30:10	06:05	136
779	1265	SÓNIA MORAIS SANTOS	Convidados Bosch	F	01:01:47	01:01:09	00:30:05	06:07	137
780	1266	SEM DADOS		M	01:01:47	01:01:10	00:30:05	06:07	645
781	422	MADALENA FERREIRA		F	01:01:49	01:01:07	00:30:15	06:07	139
782	234	JOÃO BASTOS		M	01:01:49	01:00:53	00:31:21	06:06	646
783	1497	ANDREIA NEVES	Convidados Bosch	F	01:01:49	01:00:57	00:30:50	06:06	138
784	1498	SEM DADOS		M	01:01:49	01:00:57	00:30:51	06:06	647
785	653	MARIA TAVARES	VIVO NA FAVA	F	01:02:00	01:01:09	00:31:33	06:07	140
786	276	SARA MARGARIDA DE MELO ROCHA	CLUTA Runners	F	01:02:06	01:01:31	00:30:22	06:10	141
787	1372	IVO ANGÉLICO	CLUTA Runners	M	01:02:06	01:01:32	00:30:22	06:10	648
788	135	ERVIN ENRIQUE TRIANA GUARÍN		M	01:02:07	01:01:25	00:30:40	06:09	649
789	1449	SEM DADOS		M	01:02:11	01:01:32	00:29:04	06:10	650
790	909	RITA MARQUES	Os Maracujás	F	01:02:14	01:01:46	00:30:05	06:11	142
791	1434	DUARTE LIMA		M	01:02:39	01:01:52	00:29:26	06:12	651
792	1044	MARTA FONSECA		F	01:02:47	01:02:18	00:29:55	06:14	143
793	1043	JOÃO MORTÁGUA		M	01:02:47	01:02:18	00:29:55	06:14	652
794	1448	LUIS FERREIRA		M	01:02:52	01:02:13	00:30:06	06:14	653
795	538	SANDRA OLIVEIRA	CrossFit Aveiro	F	01:02:52	01:01:40	00:31:02	06:10	144
796	1348	SEM DADOS		M	01:03:02	01:01:59	00:31:29	06:12	654
797	426	MÁRIO PAIVA		M	01:03:04	01:01:57	00:31:09	06:12	655
798	364	PEDRO COSTA CORREIA		M	01:03:09	01:02:24	00:30:27	06:15	656
799	202	ROSA MARIA QUEIRÓS		F	01:03:11	01:02:24	00:31:04	06:15	145
800	332	CLAUDIA VARANDAS	BOX HAPPY HOUR TEAM	F	01:03:16	01:02:18	00:32:07	06:14	147
801	333	SOFIA VARANDAS	BOX HAPPY HOUR TEAM	F	01:03:16	01:02:18	00:32:07	06:14	146
802	608	PATRÍCIA FERREIRA		F	01:03:17	01:02:11	00:31:58	06:14	148
803	423	LUIS PEDRO NEVES		M	01:03:20	01:02:44	00:31:46	06:17	657
804	1045	ANA MARGARIDA MENDES ROSA		F	01:03:41	01:02:57	00:32:06	06:18	149
805	405	CÁTEA SANCHES CORDEIRO	Runners de vez em quando	F	01:03:44	01:02:31	00:31:13	06:16	150
806	707	CARLA SORAIA DA SILVA		F	01:03:47	01:02:45	00:30:22	06:17	151
807	706	HUGO CABRAL MONTEIRO		M	01:03:47	01:02:47	00:30:22	06:17	658
808	1006	MARCO LEITE		M	01:03:47	01:03:10	00:30:27	06:19	659
809	64	JOAQUIM MOTA		M	01:03:53	01:03:26	00:31:00	06:21	660
810	751	ELISA SEQUEIRA		F	01:03:56	01:03:08	00:31:12	06:19	152

Lugar	Dorsal	Atleta	Equipa	Sexo	Tempo	Chip	Km5	Ritmo	Pos.Sexo
811	884	MARTA SOFIA ALVES ESTEVES	Individuais	F	01:04:15	01:03:33	00:31:16	06:22	153
812	602	SANDRA MARINA CRAVO SIMÕES NETO		F	01:04:16	01:03:46	00:30:38	06:23	154
813	1303	CRISTINA REDONDO		F	01:04:17	01:03:22	00:31:03	06:21	155
814	204	ROBERTO GONÇALVES		M	01:04:19	01:03:52	00:31:30	06:24	661
815	90	ELISABETE .		F	01:04:22	01:03:41	00:31:37	06:23	156
816	970	ANA SÁ PEREIRA		F	01:04:24	01:03:49	00:31:47	06:23	157
817	1480	FILOMENA GOMES		F	01:04:29	01:04:04	00:31:01	06:25	158
818	586	CARMEN FERREIRA	Os Corajosos	F	01:04:31	01:03:32	00:31:53	06:22	159
819	584	JOÃO RICARDO	Os Corajosos	M	01:04:32	01:03:32	00:31:52	06:22	663
820	1458	SEM DADOS		M	01:04:41	01:04:01	00:30:54	06:25	664
821	146	SANDRA OLIVEIRA		F	01:04:41	01:04:17	00:31:41	06:26	160
822	107	ROSÁRIO LEMOS		F	01:04:47	01:04:22	00:31:40	06:27	161
823	993	ANA ABREU		F	01:04:51	01:03:45	00:30:52	06:23	163
824	6408	ARCELINA MARTINHO		F	01:04:51	01:04:04	00:32:34	06:25	162
825	836	VERA SILVA	Aveiro Night Runners	F	01:04:51	01:04:03	00:32:34	06:25	164
826	180	VERA OLIVEIRA		F	01:04:52	01:04:13	00:31:26	06:26	165
827	181	SÓNIA OLIVEIRA		F	01:04:53	01:04:14	00:31:26	06:26	166
828	203	JOSÉ M. LOURENÇO LOPES		M	01:04:56	01:04:07	00:31:11	06:25	666
829	526	TIAGO ROSA	IDEcacia Canoagem	M	01:04:58	01:04:05	00:31:42	06:25	667
830	517	JOSE ROSA	IDEcacia Canoagem	M	01:04:58	01:04:05	00:31:42	06:25	668
831	530	ANDRE PEREIRA	IDEcacia Canoagem	M	01:04:58	01:04:04	00:31:42	06:25	669
832	252	SÓNIA MARIA RIBEIRO NICOLAU ALÍPIO		F	01:04:58	01:04:03	00:31:42	06:25	169
833	525	ALVARO JESUS	IDEcacia Canoagem	M	01:04:58	01:04:03	00:31:43	06:25	670
834	523	FILIPA PINTO	IDEcacia Canoagem	F	01:04:58	01:04:04	00:31:43	06:25	167
835	519	ANA RODRIGUES	IDEcacia Canoagem	F	01:04:58	01:04:05	00:31:42	06:25	168
836	954	MIGUEL REIS	Worthington	M	01:04:59	01:03:57	00:29:21	06:24	671
837	32	ANA MARTA CORREIA GONÇALVES		F	01:05:00	01:04:03	00:31:37	06:25	171
838	359	MARIANA BONITO	BOX HAPPY HOUR TEAM	F	01:05:00	01:04:03	00:34:23	06:25	170
839	172	PAULA FERREIRA	A.D.Requeixo	F	01:05:04	01:04:17	00:32:24	06:26	172
840	814	HUGO OLIVEIRA	Zarrinha	M	01:05:12	01:04:42	00:30:05	06:29	672
841	1421	FERNANDO TAVARES		M	01:05:14	01:04:22	00:32:46	06:27	673
842	1420	ANNA TAVARES		F	01:05:14	01:04:22	00:32:47	06:27	173
843	1093	IRENE GONÇALVES	run4fun	F	01:05:50	01:04:49	00:33:29	06:29	174
844	270	LEONEL MONTEIRO		M	01:06:15	01:05:17	00:31:37	06:32	674
845	929	ANA VALENTE	Bresimar	F	01:06:26	01:05:40	00:32:38	06:34	175
846	1021	JUDITH RIBEIRO		F	01:06:27	01:05:35	00:33:11	06:34	176
847	1020	JOSÉ MANUEL MARTINS RIBEIRO		M	01:06:28	01:05:37	00:33:11	06:34	675
848	1034	ANA RIBAU	HM SPORTS TEAM	F	01:06:36	01:06:08	00:32:16	06:37	177
849	1032	GUSTAVO TAVARES	HM SPORTS TEAM	M	01:06:36	01:06:09	00:34:15	06:37	676
850	403	NAIR DANIELA CARVALHO MOREIRA SILVA	Runners de vez em quando	F	01:06:40	01:05:30	00:33:02	06:34	180
851	579	CATARINA MOTA	M1882	F	01:06:40	01:05:38	00:33:20	06:34	178
852	576	JOANA SIMÕES	M1882	F	01:06:40	01:05:38	00:33:20	06:34	179
853	644	JOAQUIM ADÉRITO ARAÚJO ANTUNES		M	01:06:43	01:06:18	00:34:01	06:38	677
854	554	ANA LUÍSA GONÇALVES E REIS	SEVER TEAM	F	01:06:45	01:06:00	00:31:49	06:36	181
855	1419	ISA AVEIRO	SEVER TEAM	F	01:06:46	01:06:01	00:32:08	06:37	182

Lugar	Dorsal	Atleta	Equipa	Sexo	Tempo	Chip	Km5	Ritmo	Pos.Sexo
856	308	MARGARIDA CAMPOS		F	01:06:47	01:06:05	00:32:45	06:37	183
857	768	ANTONIO LEMOS		M	01:06:47	01:06:12	00:32:43	06:38	678
858	700	CATHERINE ISABEL SIMÕES OLIVEIRA	MUSA	F	01:06:49	01:05:51	00:34:18	06:36	184
859	338	RITA ANDRADE	BOX HAPPY HOUR TEAM	F	01:06:58	01:06:02	00:34:24	06:37	185
860	42	SANDRA CLAUDIA CARDOSO SANTOS CRUZ	Siroco	F	01:07:05	01:06:44	00:32:38	06:41	186
861	900	RUBEN NEVES	Fast and Fit	M	01:07:21	01:07:10	00:32:44	06:43	679
862	639	BRUNO RENATO MELO XAVIER		M	01:07:22	01:06:49	00:34:09	06:41	680
863	903	VANESSA RAÇOILLO	Fast and Fit	F	01:07:22	01:07:11	00:32:45	06:44	188
864	905	CLÁUDIA GONÇALVES	Fast and Fit	F	01:07:22	01:07:10	00:32:45	06:43	187
865	640	PAULO RENATO RIBEIRO XAVIER		M	01:07:22	01:06:50	00:34:10	06:41	681
866	902	LARA MOREIRA	Fast and Fit	F	01:07:23	01:07:11	00:32:44	06:44	189
867	1408	RAQUEL LOPES	Bio Murtosa	F	01:07:26	01:06:10	00:32:47	06:37	190
868	748	ANTÓNIO MÁRIO AMADOR MENEZES	Andar a Correr	M	01:07:41	01:07:06	00:31:50	06:43	682
869	1328	MARIANA LIMAS		F	01:07:47	01:06:34	00:34:37	06:40	191
870	1330	CLÁUDIA PINTO		F	01:07:48	01:06:34	00:34:38	06:40	192
871	1329	ESTELA PINTO		F	01:07:48	01:06:34	00:34:38	06:40	193
872	647	MAFALDA QUARESMA	BOX HAPPY HOUR TEAM	F	01:07:51	01:06:54	00:34:24	06:42	194
873	176	CÁTIA SANTOS	A.D.Requeixo	F	01:07:59	01:07:09	00:34:16	06:43	195
874	165	RUTE CLARO		F	01:08:00	01:07:09	00:34:16	06:43	196
875	843	RICARDO .		M	01:08:10	01:07:23	00:32:44	06:45	683
876	1300	ROSA DE FÁTIMA CONCEIÇÃO BISPO DA SILVA	Runners EST	F	01:08:23	01:07:42	00:33:01	06:47	197
877	923	ANA CAROLINA BARTOLOMEU BREDÁ	Bresimar	F	01:08:25	01:07:38	00:31:50	06:46	198
878	1026	INÊS SOFIA FERRAZ MOREIRA DE SÁ		F	01:08:32	01:07:17	00:31:27	06:44	199
879	1027	JOSÉ MIGUEL PEIXOTO TEIXEIRA		M	01:08:32	01:07:17	00:31:27	06:44	684
880	375	CRISTINA SILVA	RIA STONE	F	01:08:56	01:07:45	00:33:58	06:47	200
881	427	SÓNIA BAPTISTA	BOX HAPPY HOUR TEAM	F	01:08:57	01:08:04	00:34:00	06:49	201
882	344	JOSÉ ALVES	Andar a Correr	M	01:09:00	01:08:26	00:33:16	06:51	685
883	749	SARA RIBEIRO MENEZES AMADOR	Andar a Correr	F	01:09:00	01:08:25	00:33:16	06:51	202
884	437	ANA LUÍS ALVES GONÇALVES		F	01:09:03	01:07:58	00:34:13	06:48	203
885	362	MARIA MENDONÇA		F	01:09:05	01:07:53	00:34:01	06:48	204
886	25	MARIANA PÔNCIO DA COSTA MENDES		F	01:09:05	01:08:06	00:33:54	06:49	205
887	585	LILIANA JESUS	Os Corajosos	F	01:09:07	01:08:08	00:32:43	06:49	206
888	125	RUI HENRIQUE RAMOS ESTIMA		M	01:09:07	01:08:03	00:34:13	06:49	686
889	552	JOÃO PEDRO MARQUES BÓIA		M	01:09:21	01:08:13	00:35:07	06:50	687
890	99	PEDRO LOPES (CALÇADA)		M	01:09:34	01:09:02	00:34:11	06:55	688
891	1357	SEM DADOS		M	01:09:47	01:09:07	00:33:31	06:55	689
892	820	EDUARDO SILVA	Convidados Bosch	M	01:10:18	01:09:16	00:34:28	06:56	690
893	819	TIAGO PINTO	Convidados Bosch	M	01:10:18	01:09:16	00:34:28	06:56	691
894	1025	MARCIA CABRAL	KO TRAIL RUNNING	F	01:10:19	01:09:42	00:33:39	06:59	207
895	482	EULALIA GOMES		F	01:10:19	01:09:31	00:33:53	06:58	208
896	388	VÍTOR MANUEL FOLHAS REDONDO		M	01:10:20	01:09:31	00:33:53	06:58	692
897	97	ROSALINA FERREIRA		F	01:10:29	01:09:58	00:34:12	07:00	210
898	624	ANABELA BARBOSA COUTINHO		F	01:10:29	01:09:58	00:34:12	07:00	209
899	1090	MARIA JOÃO PINHO	run4fun	F	01:10:32	01:09:30	00:33:29	06:57	211
900	622	TANIA CAETANO	CrossFit Aveiro	F	01:10:35	01:09:22	00:35:47	06:57	212

Lugar	Dorsal	Atleta	Equipa	Sexo	Tempo	Chip	Km5	Ritmo	Pos.Sexo
901	501	CARLA DIAS	CrossFit Aveiro	F	01:10:35	01:09:23	00:36:04	06:57	215
902	504	FABIANNE RIBEIRO	CrossFit Aveiro	F	01:10:35	01:09:24	00:36:04	06:57	213
903	502	BRIGITE SILVA	CrossFit Aveiro	F	01:10:35	01:09:22	00:35:47	06:57	214
904	542	JUVENAL ANDRÉ CARDOSO FERNANDES	CrossFit Aveiro	M	01:10:36	01:09:24	00:35:47	06:57	693
905	824	JOSÉ PASSOS	Convidados Bosch	M	01:10:41	01:10:14	00:32:25	07:02	694
906	1092	FILIPA GRAVATO ANDRÉ	run4fun	F	01:10:44	01:09:43	00:34:48	06:59	216
907	188	MARIA JOÃO NOGUEIRA		F	01:10:45	01:10:08	00:34:08	07:01	217
908	632	ANA ALMEIDA	BOX HAPPY HOUR TEAM	F	01:11:02	01:10:05	00:34:23	07:01	218
909	327	SANDRA GUIOMAR	BOX HAPPY HOUR TEAM	F	01:11:03	01:10:06	00:35:36	07:01	220
910	763	SARA CARVALHO	BOX HAPPY HOUR TEAM	F	01:11:03	01:10:06	00:35:36	07:01	219
911	1258	SEM DADOS		M	01:11:55	01:10:39	00:34:55	07:04	695
912	978	BEATRIZ MATOS	TRICAD CORRIDA	F	01:11:56	01:10:40	00:34:55	07:04	221
913	76	ANA GONÇALVES		F	01:12:00	01:11:16	00:33:42	07:08	222
914	953	CATARINA PINTO	Worthington	F	01:12:31	01:11:31	00:33:30	07:10	223
915	23	DANIEL FERRAZ		M	01:12:38	01:12:03	00:34:08	07:13	696
916	656	MONIKA BANDEIRA	VIVO NA FAVA	F	01:12:50	01:11:59	00:35:37	07:12	224
917	652	JOANA LEMOS	VIVO NA FAVA	F	01:12:51	01:12:00	00:35:37	07:12	225
918	655	ELSA PEREIRA	VIVO NA FAVA	F	01:13:10	01:12:19	00:35:37	07:14	226
919	380	SUSANA OLIVEIRA	RIA STONE	F	01:13:13	01:12:03	00:35:22	07:13	227
920	255	ANA CRISITINA COSTA FERREIRA DE MATOS		F	01:13:21	01:12:15	00:35:23	07:14	228
921	1344	CRISTINA AZEVEDO FERREIRA DA ROCHA		F	01:13:38	01:12:30	00:35:07	07:15	229
922	212	JOSÉ FILIPE TEIXEIRA BARROS		M	01:13:57	01:12:42	00:35:35	07:17	697
923	213	JOANA RAQUEL SANTOS MARTINS		F	01:13:57	01:12:42	00:35:35	07:17	230
924	458	ADRIANA DOMINGUES	Mancos de Alforreca	F	01:15:03	01:13:54	00:37:04	07:24	231
925	128	RAFAEL SANTOS	Mancos de Alforreca	M	01:15:04	01:13:55	00:37:04	07:24	698
926	981	FERNANDO SILVA	TRICAD CORRIDA	M	01:15:57	01:14:40	00:38:48	07:28	699
927	1400	ANA JERVIS CUNHA		F	01:17:13	01:16:11	00:37:52	07:38	232
928	95	ANTÓNIO RODRIGUES SIMÃO		M	01:17:38	01:16:49	00:37:05	07:41	700
929	466	ANA TELES	BOX HAPPY HOUR TEAM	F	01:17:53	01:16:56	00:37:51	07:42	233
930	336	PAOLA MONSALVE	BOX HAPPY HOUR TEAM	F	01:17:53	01:16:57	00:37:52	07:42	234
931	321	SOLANGE REIS	BOX HAPPY HOUR TEAM	F	01:17:53	01:16:55	00:37:51	07:42	235
932	1094	SUSANA AIRES	run4fun	F	01:18:08	01:17:08	00:37:04	07:43	236
933	378	JOANA FERNANDES	RIA STONE	F	01:18:29	01:17:18	00:38:50	07:44	237
934	908	AIRES GOMES CORREIA		M	01:18:37	01:17:30	00:39:11	07:46	701
935	383	DANY COSTA		M	01:19:13	01:17:58	00:38:50	07:48	702
936	54	FÁBIO PITARMA MATOS		M	01:19:14	01:17:58	00:38:51	07:48	703
937	1107	PAULA CRISTINA DUARTE SIMÕES		F	01:19:31	01:18:17	00:37:32	07:50	238
938	1106	MÁRCIO PAULO FERNANDES DA SILVA		M	01:19:32	01:18:19	00:37:31	07:50	704
939	1411	ARCELINA CUNHA	Bio Murtosa	F	01:20:43	01:19:28	00:40:50	07:57	239
940	1412	AUGUSTA BASTOS	Bio Murtosa	F	01:21:39	01:20:23	00:40:50	08:03	240
941	1427	RICARDO JORGE SANTOS FIDALGO	Yopis	M	01:28:00	01:26:41	00:42:29	08:41	705
942	1426	MARIA JOSÉ LEBRE PEREIRA	Yopis	F	01:28:01	01:26:43	00:42:29	08:41	241
943	1424	ANA FRANCISCA FERNANDES CATETO	Yopis	F	01:28:02	01:26:42	00:43:00	08:41	242
944	577	OTILIA FERNANDES	M1882	F	01:28:28	01:27:25	00:43:38	08:45	243
945	578	SÃO LARANJEIRA	M1882	F	01:28:29	01:27:25	00:43:39	08:45	244

Lugar	Dorsal	Atleta	Equipa	Sexo	Tempo	Chip	Km5	Ritmo	Pos.Sexo
946	1425	MARIA LEONOR SILVA SANTOS	Yopis	F	01:28:36	01:27:18	00:43:38	08:44	245
947	1414	JÚLIA PEREIRA	Bio Murtosa	F	01:38:00	01:36:43	00:49:51	09:41	246
948	1410	CRISTIANA GODINHO	Bio Murtosa	F	01:38:13	01:36:56	00:49:52	09:42	247